...er's Dietetic Guide

To accompany

PATTEE'S PRACTICAL DIETETICS

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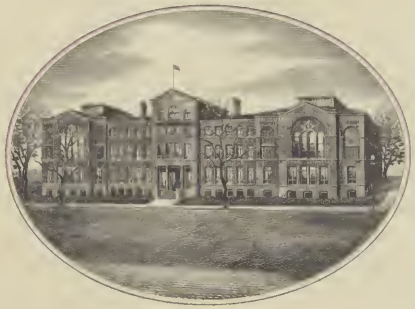

WASHINGTON, D.C.

Teacher's Dietetic Guide

CONTAINING

STATE BOARD REQUIREMENTS IN DIETETICS

AND

STATE BOARD EXAMINATION QUESTIONS

Given Gratis with each copy of Pattee's Practical Dietetics. Not sold separately

A. F. PATTEE, PUBLISHER
Mount Vernon, N. Y.
1923

TEACHER'S DIETETIC GUIDE

In response to many requests from Superintendents of Training Schools and Dietitians, I have issued *"TEACHER'S DIETETIC GUIDE"* containing the Dietetic Standard Curriculum for Schools of Nursing prepared by the *NATIONAL LEAGUE OF NURSING EDUCATION* and the *AMERICAN DIETETIC ASSOCIATION.*

"Teacher's Dietetic Guide" also outlines the dietetic requirements of the various *STATE BOARDS* of *EXAMINERS* of *NURSES* together with their State Examination questions.

The arrangement of Pattee's *"PRACTICAL DIETETICS"* has been made to correspond with and meet these requirements, so that the book can be readily used in connection with these outlines.

These outlines arranged by the above authorities will prove of valuable assistance to the Superintendent and Dietitian in arranging the course of study in dietetics for the nurse, and will also prove helpful to the nurse in preparing for the State Examinations.

"Teacher's Dietetic Guide" is given free with every copy of Pattee's Practical Dietetics and if not received when Practical Dietetics (14th Ed.) is purchased notify the book-dealer who filled your order and he will furnish a copy gratis.

COURSES OF STUDY IN DIETETICS ARRANGED BY VARIOUS ASSOCIATIONS AND STATE BOARDS OF EXAMINERS OF NURSES

NATIONAL LEAGUE OF NURSING EDUCATION

STANDARD CURRICULUM FOR SCHOOLS OF NURSING

PREPARED BY THE COMMITTEE OF EDUCATION

OF THE

NATIONAL LEAGUE OF NURSING EDUCATION

1915–1918

"This book will be sent on receipt of $1.50. Address Miss I. M. Stewart, Teachers College, Columbia University, N. Y." Check should be made out to The National League of Nursing Education. (With permission the following pages are quoted from above book: Pages 53, 54, 55 and 56.)

HOUSEHOLD SCIENCE

Nutrition and Cookery

TIME: 40 hours, given in 20 two-hour periods, each period to include class, demonstration and laboratory work. Class to be conducted by a trained dietitian. Course to be given in the first term of the Preparatory Year.

OBJECTS OF COURSE

1. To give pupils a good fundamental understanding of the principles and methods of simple cookery for well and sick people.

2. To make them familiar with the nutritive values of foods, and help them to arrange a balanced dietary for well people or convalescents according to the demands of age, physical activity, climate, etc.

3. To help them to understand and administer the ordinary hospital diets. (Dietary treatment of particular diseases to come later.)

OUTLINE OF CLASSES

I. (Class) *Introduction*

Definition of food. Chemical composition of the body and of food. Classification of foods, according to sources (animal, vegetable, and mineral) and according to chemical

composition (proteins, carbohydrates, fats, mineral salts and water). Function of each of these in the body.

See Pattee's Practical Dietetics, page 1 to 27.

(Laboratory) The diet kitchen and its equipment. Care of utensils and apparatus, sinks, refrigerators, etc. Study of stoves and fuels. Uses of each kind.

See Pattee's Practical Dietetics, page 86, 87.

II. (Class) *Digestion*

Review of the digestive system, and processes of digestion, absorption, assimilation, excretion and metabolism. Effect of methods of cooking and preservation of food on digestion.

See Pattee's Practical Dietetics, page 28 to 46; 84, 330, 331.

(Laboratory) Temperatures and methods of cooking and their effect on food stuffs (baking, boiling, broiling, frying, etc.). Handling of utensils — measuring and weighing.

See Pattee's Practical Dietetics, page 83 to 88; 98 to 106.

III. (Class) *Fuel Values in Foods*

Basis of measurement of fuel values. The body requirement in health according to variation of sex, age, weight, activity, climate, etc. General variation in illness. How to compute the caloric value of different kinds of foods.

See Pattee's Practical Dietetics, page 47 to 57.

(Laboratory) Practice in measuring out 100-calorie portions of common carbohydrates, sugars, fats and proteins. (Metric system.)

See Pattee's Practical Dietetics, 101 to 104.

IV. (Class) *Building Materials in Foods*

Basis of measurement of protein in foods. The body requirement of protein according to sex, age, weight, activity, etc. Variations in illness. How to compute the protein content of common foods. Comparison of digestibility and costs. Body requirement in mineral salts and water.

See Pattee's Practical Dietetics, 47 to 57.

(Laboratory) Practice in weighing and computing protein content of foods, also mineral salts and water.

V. (Class) *Preparation and Serving of Foods*

General principles in the feeding of sick people. Selection of food, preservation and handling, consideration of taste, variety, digestibility, appearance, nutritive value and economy. Table and tray equipment for serving food — dishes, linen, silver, decorations, etc. Principles of tray service. The convalescent table.

See Pattee's Practical Dietetics, page 329 to 334; 89 to 97.

(Laboratory) Practice in setting table and tray for breakfast, dinner, luncheon, and light diet.

VI. (Class) *Beverages*

Place of water and beverages in the dietary. Sources, varieties, composition and preparation of stimulating and acid beverages. Mineral waters — uses, kinds and methods of serving.

See Pattee's Practical Dietetics, page 19, 20; 297 to 325.

(Laboratory) Practice in preparing and serving tea, coffee, cocoa, fruit drinks, wines and mineral waters.

VII. (Class) *Cereals, Gruels and Starchy Drinks*

Composition and food value of common cereal foods. Cookery of starches, especially breakfast cereals and gruels, with special reference to digestibility.

See Pattee's Practical Dietetics, page 194 to 205; 311 to 314.

(Laboratory) Various preparations of oatmeal, wheat, hominy, rice, barley, etc. Starchy beverages.

VIII. (Class) *Vegetables*

Composition and food value of common legumes, roots and green vegetables. Selection, preparation and cooking.

See Pattee's Practical Dietetics, page 229 to 238.

(Laboratory) Practice in preparation of potatoes, spinach, beans, cauliflower, celery, etc.

IX. (Class) *Fruits and Sugars*

Composition, sources, kinds and food value of common fruits and sugars. Selection, preparation and cooking.

See Pattee's Practical Dietetics, page 245 to 250; 6 to 8.

(Laboratory) Preparation of common fresh, dried and canned fruits.

X. (Class) *Fats and Oils — Salads*

Place of fats in the dietary. Comparison of animal and vegetable fats. Use of fats in cooking. Food value of nuts. Varieties of salads and salad dressings.

See Pattee's Practical Dietetics, page 11 to 14; 240 to 245.

(Laboratory) Practice in making fruit and vegetable salads and salad dressings.

XI. (Class) *Protein Foods — Milk*

Milk as a food. Its production and handling. Principles observed in the cooking of milk. Combinations of milk with cereals and vegetables. Forms of serving raw milk. Principles of pasteurization.

See Pattee's Practical Dietetics, page 14 to 17; 165 to 191.

(Laboratory) Preparation of milk soups, milk gruels, milk shakes, milk punches. Pasteurized milk.

XII. (Class) *Special Milk Products*

Source and food value of cream, butter, cheese, curds and whey. Composition and preparation of milk powder, condensed milk, malted and peptonized milk. Lactic acid preparations.

See Pattee's Practical Dietetics, page 171 to 175.

(Laboratory) Preparation of junket, cottage cheese, whey, peptonized milk, kumyss and buttermilk.

XIII. (Class) *Eggs*

Composition, food value and digestibility of eggs. Tests for freshness. Effects of temperature. Combinations of eggs with milk, cereals, fruit juices, etc.

See Pattee's Practical Dietetics, page 157 to 165; 255 to 261; 305 to 311.

(Laboratory) Preparation of baked, boiled, scrambled and poached eggs, omelet, custards, egg-nogs, and albumen water.

XIV and XV. (Class) *Meats and Poultry*

Composition, structure, food value and digestibility of meats. Different cuts and organs used as food. Tests for freshness. Effects of temperature. Methods for extraction and retention of juices. General principles of carving meat joints and fowl.

See Pattee's Practical Dietetics. page 109 to 139.

(Laboratory) Preparation of roast, broiled and stewed meats, poultry broth, beef juice and scraped beef. Carving.

XVI. (Class) *Fish, Mollusks and Crustaceans*

Classes of fish goods, composition, food value and digestibility. Tests for freshness. Special dangers of shell fish.

See Patttee's Practical Dietetics, page 140 to 156.

(Laboratory) Preparation of baked, boiled and fried fish, oysters and clam stews and broths, lobster.

XVII. (Class) *Gelatines and Frozen Desserts*

Composition, sources and food value of gelatine. Effect of freezing on foods. Principles of freezing mixtures.

See Pattee's Practical Dietetics, page 275 to 286; 286 to 295.

(Laboratory) Preparation of gelatine alone and in combination with other foods. Preparation of ice creams and sherbets.

XVIII. (Class) *Breads* (Leavening Agents)

Composition, food value and digestibility of various kinds

of breads. Leavening agents — such as yeasts, baking powders, etc., and their action.

See Pattee's Practical Dietetics, page 209 to 223.

(Laboratory) Making bread and rolls, biscuits, sponge cake, gluten bread, etc. Toast and sandwiches.

XIX and XX. (Class) *Hospital Diets*

Classes of patients in hospital requiring specialized diet. Modification of regular diet for children, adolescents and the aged, also for chronics, convalescents, etc. Types of hospital diets — fluid, light, nitrogenous, farniaceous, milk, etc.

See Pattee's Practical Dietetics, page 340.

(Laboratory) Making of menus for typical patients — not acutely ill. Preparation and serving of complete meals, representing balanced normal diet and various types of special hospital diets.

METHOD OF TEACHING

1. The most satisfactory method is the combination of class, demonstration and laboratory in lessons of from two to three hours each. The pupils then have a chance to tie up their principles directly with their practice, and to carry out their cooking procedures when the demonstration and discussion are fresh in mind and when they are under direct supervision. The number in the class should not exceed 20 pupils. Regular diet kitchen experience would follow such a course of class and laboratory work, and the pupil would then be able to proceed with little additional instruction.

2. If such a method is impossible, classes and demonstrations could be held by the dietitian, and the applications made later when the pupil has her diet kitchen experience. This method requires a great deal of individual instruction and supervision in the diet kitchen, and there is danger of the practical and theoretical side of the work not being so closely connected up.

ILLUSTRATIVE MATERIAL AND EQUIPMENT

1. There is a great variety of illustrative material available in the form of food charts, sample food products, models of meat cuts, etc. (See list of firms, Appendix III.)

2. A full equipped cooking laboratory is essential for the satisfactory teaching of dietetics. For discussion of the plan and equipment of such a laboratory, see Teachers College Record, May, 1909

Diet in Disease

TIME: 10 hours divided as follows: — Lectures or classes given by a physician, nurse or dietitian — 5 hours. Demonstrations and laboratory work conducted by trained dietitian — 5 hours.

Course to be given in second term of the Preparatory Year.

OBJECTS OF COURSE

To apply the fundamental principles of cookery and nutrition to the dietary treatment of the commoner diseases. In each of the conditions mentioned below, general principles of feeding are discussed, diet lists examined, menus made out, food values computed, and typical diets prepared and served. The charting of diets is also emphasized and the importance of proper records, especially in metabolism studies. Infant feeding is included under Diseases of Infants and Children, p 100.

OUTLINE OF CLASSES

I. Diet of diseases of the digestive system — gastritis, constipation, diarrhoea, dyspepsia, gastric ulcer, dysentery, acute colitis, appendicitis, gall-stones, gastric disorders. Test diets and nutrient enemata.

See index, Pattee's Practical Dietetics.

II. Diet in fevers — slight infections, tonsilitis, pneumonia and tuberculosis. Special typhoid diets, including the high caloric feeding. Diet in convalescence.

See index, Pattee's Practical Dietetics.

III. Diet in anaemia, cardiac disorders, nervous and mental conditions, obesity.

See index, Pattee's Practical Dietetics.

IV. Diet in nephritis, cystitis, calculus, rheumatism, gout, scurvy, rickets and diabetes.

See index, Pattee's Practical Dietetics.

V. Diet in surgical cases — for control of nausea in peritonitis, in laparotomies, head and mouth cases. Formulae used for feeding through gastric and intestinal fistulas and by rectum.

See index, Pattee's Practical Dietetics.

(Each of these classes should be followed by a laboratory period in the diet kitchen where all special diets would be prepared.)

METHODS OF TEACHING AND ILLUSTRATIVE MATERIAL

As in preceding course.

AMERICAN DIETETIC ASSOCIATION
1922

OUTLINE OF COURSE OF STUDY
PRELIMINARY COURSE

TIME

This course should be given during the preliminary period of training. A minimum of sixty hours of lecture and laboratory work is recommended; laboratory periods should be at least two hours in length.

INSTRUCTOR

The class should be conducted by a dietitian who is a graduate in household science from a recognized school.

PREPARATION OF CLASS

It is assumed that the students are of high school grade. Exemption from the course should be granted to those students considered by the superintendent of nurses and the dietitian to have had the equivalent of the work given. An examination should determine such exemption, and all students should be required to take any work directly relating to cookery for the sick which was not included in their previous training.

LABORATORY EQUIPMENT

A laboratory is essential, with facilities for individual laboratory work. Not more than sixteen students can be handled satisfactorily by one teacher in one laboratory section. Illustrative material, such as charts, slides and exhibits should be supplied and freely used.

AIMS OF COURSE.

1. To give students a sound fundamental understanding of the principles and methods of cookery for well and sick people.

2. To make them familiar with the nutritive values of food and with the essentials of well balanced daily meals for well people and convalescents under varying conditions.

3. To help the students to appreciate thoroughly the economic aspects of food, such as selection, relative costs and control of waste.

4. To give a training in high standards of cleanliness and sanitation in the care, preparation and service of food.

5. To give practice in the planning of well balanced, attractive and suitable menus, and a training in the efficient preparation of these.

6. To demonstrate and maintain dainty and artistic service of food.

METHODS OF TEACHING.

1. Some instructors may wish to separate the lectures from the laboratory periods. If this scheme is followed, it is thought that fifteen one-hour lecture periods should be planned within the minimum time recommended above. The most satisfactory method, however, is the combination of lecture and demonstration by the instructor, followed by laboratory practice, investigation and discussion by the students The students have thus a chance to directly connect, under supervision, the general principles with their methods in laboratory practice.

2. Instructors should remember that their students are nurses in training and not students specializing in home economics. Only that material, therefore, which the nurse will use during her training and in her professional work later, should find a place in the course, and it should, of course, be presented with a view to constantly holding her active interest. "Fancy cookery," as such, has no place in this course. Dainty and effective garnishes should be taught interesting variations from the typical dishes considered, but dishes involving such time and elaborate arrangement of ingredients should be excluded.

3. The introductory lessons should bring the students into immediate touch with the actual work of food preparation instead of being entirely devoted to the less interesting phases of laboratory practice, such as a study of equipment and fuels, and it is not desirable to devote the greater part of these first lessons to the theoretical side of the subject The students should think in terms of daily food service to patients on all kinds of diet, and it is considered wise to base as many of the lessons as possible on the preparation of an entire meal and the setting up of trays. This plan gives the students practice in applying their knowledge of food values to the planning of the day's diets and the instructor an opportunity to bring to the attention of the class concrete examples in diet and the problems to be met in planning attractive, palatable and well balanced menus. Problems representing suitable meals for persons under specific conditions, such as meals for children of different ages, for adolescents, for adults and the aged, should be worked out by the class instead of asking them to consider isolated masses of facts concerning food values and food preparation. Methods of cooking should be studied as they are first used

and later a summary and comparison made of the various methods, as to their effect on the flavor and digestibility of food.

4. In conducting classes the instructor should lay the emphasis on the reason for following the various methods, on "why" as well as on "how" and "what" This will keep live questions constantly before the students, making them stronger in technique, more resourceful, and capable of thinking independently in this field. In all review work questions given to the class should reflect this more desirable method of teaching, and it is of the greatest importance that the actual needs of the nurse in her later professional work should be given the closest attention.

5. Standard or basic recipes should be used freely and the students instructed in varying these as necessary This should give them a knowledge of general principles and of proportions in food combinations and eliminate the memorizing of recipes, a practice which cannot be condemned too strongly. For example, using as a basis the standard recipe for cream sauce, a cheese sauce for macaroni may be made and the various cream soups prepared. General principles of cooking the various typical groups of food should be stressed in the laboratory work.

6. Students should be trained in the critical judgment of the finished dishes and of the meals prepared and served. There should be constant comparison of class results by the instructor and students and for this they may work out score cards. For example, a *baked custard* may be scored on this basis:

	Possible Score	Actual Score
Appearance	1	
Consistency	2	
Texture	4	
Flavor	3	
Service	3	
Immaculate service	1	
Artistic arrangement	1	
Convenience for patient	1	
Menu	7	
Suitability to patient's condition	2	
Combination of foods	2	
Palatability and digestibility of food	3	

7. Class notes should not be voluminous. They may be conveniently arranged on cards, indexed for reference purposes, and should be carefully corrected by instructor. A good textbook and suitable reference books relieve students from much note taking

8. The attention of students should be frequently drawn to the various ways in which this work is related to nursing education and opportunities for applying this part of their training as students in the hospital and later in their professional work. The growing tendency, in medicine and nursing, to pay more attention to the dietetic treatment of disease should receive full consideration.

9. The social and economic aspects of the food problem should also be kept before the class. Many of these nurses will be working later with poorer families and will be expected to advise them about the choice and the relative cost of standard foods

10. The instructor should keep closely in touch with the other preliminary courses most directly related to the work in dietetics, so that she may know how to correlate her work with these to the very best advantage. Instructors should also keep in touch with the latest developments in nutritional work and familiarize the students with the various sources through which they may keep their knowledge up to date.

11. The principles of physical science should be woven into the course in a popular way, to give the reasons for certain procedures in cookery which other courses in the preliminary work do not cover.

12. The content of a course in dietetics for nurses has already received much thought, but the methods of teaching have not been given adequate attention. Students are therefore not always well prepared to use this training to the best advantage.

CONTENT OF COURSE

(These subjects are not arranged in the sequence in which they would be presented in a course of study, nor are they divided into lessons. Such an outline will be submitted later, following the suggestions discussed above)

1. Review of the physiology of digestion, absorption, assimilation and excretion.

   See Pattee's Practical Dietetics, page 28 to 46.

2. Classification of foods and food products under typical food

groups according to their place in the diet and to their economic value, as for example:

See Pattee's Practical Dietetics, page 4 to 27.

A. *Milk*—Important as a source of energy, protein, lime, and vitamines, unique as sufficient in growth-promoting food. Study of grades of milk.

See Pattee's Practical Dietetics. page 165 to 174.

B. *Cereals and cereal foods*—Economical source of protein, but not well balanced in salts and vitamines; typical starchy foods.

See Pattee's Practical Dietetics. page 195 to 199.

C. *Vegetables and fruits*—Varying greatly as sources of energy, but rich in vitamines.

See Pattee's Practical Dietetics, page 229 to 233—245 to 247.

D. Typical *protein foods* and food products:

1. Meat, fish and poultry—generally popular, but expensive as sources of protein and fat. Poor in lime and in vitamines.

See Pattee's Practical Dietetics, page 109—121—126—130—133.

2. Eggs—rich in protein, salts and vitamines; values in dietary depends much on market conditions.

See Pattee's Practical Dietetics, page 157 to 159.

3. Cheese—valuable as a meat substitute in concentrated form

See Pattee's Practical Dietetics, page 171.

4. Nuts—rich in protein and fat; valuable as a meat substitute.

See Pattee's Practical Dietetics, page 251.

3. Food values and their measurement; practice in computing food values.

See Pattee's Practical Dietetics, page 47 to 55.

4. Composition and food value of the different foods; specific functions of

(1) Proteins
(2) Fats
(3) Carbohydrates
(4) Salts
(5) Vitamines
(6) Water

See Pattee's Practical Dietetics, page 14—11—4—17—21—19.

5. Factors in food requirements such as age, climate, activity,

size, etc.; consideration of suitable diets for persons under these varying conditions.

See Pattee's Practical Dietetics, page 53 to 56.

6. Preparation of foods:

A. Selection, cooking and serving of typical protein and carbohydrate foods and of the fats and oils:

1. *Fruits and vegetables*—Dried and fresh, greens and legumes.

See Pattee's Practical Dietetics, page 247 to 251—233 to 239.

2. *Cereals and cereal foods*—Including gruels, breakfast cereals, macaroni and rice. Comparison of ready to serve and home cooked cereals as to cost and food value.

See Pattee's Practical Dietetics, page 199—203—204—206—207—266.

3. *Eggs, milk and milk products*—Including sterilization and pasteurization of milk.

See Pattee's Practical Dietetics, page 160 to 164—175 to 182.

4. *Fish*—Baked, boiled and broiled fish; shell fish.

See Pattee's Practical Dietetics, page 142 to 145—150 to 156.

5. *Meat and poultry*—Broiled chops and steaks, squabs and chickens; broths and beef juices.

See Pattee's Practical Dietetics, page 117—123—127—131—134.

6. *Fats and oils*—Their use in cookery; commercial preparations.

See Pattee's Practical Dietetics, page 11—240.

B. Preparation of the typical food combinations:

1. *Beverages*—Including albumenized drinks, and milk and egg drinks.

See Pattee's Practical Dietetics, page 297—305—315—323.

2. *Thickened liquids*—The use of the prepared starches, especially cornstarch and flour, in making cream soups, purees, sauces and desserts; basic recipes for these dishes with practice in varying them as to thickness, flavor and ingredients; method of using eggs with the starches in thickening liquids.

See Pattee's Practical Dietetics, page 183 to 191—206 to 207—219—239 to 240—255—259—263

3. *Flour mixtures*—Study of lightening agents; basic recipes for biscuits, muffins and plain cake,

with methods for simple variations; sponge cake.
See Pattee's Practical Dietetics, page 184–199–203–206–230–263.

4. *Salads*—Illustrating the serving of different foods and suitable combinations of these; salad dressings.
See Pattee's Practical Dietetics, page 240 to 244.

5. *Gelatin dishes*—Basic recipes for the plain jellies, sponges and creams, with the simple variations.
See Pattee's Practical Dietetics, page 275 to 285.

6. *Frozen dishes*—Types and their variations; freezing small quantities.
See Pattee's Practical Dietetics, page 286—287—291—293.

7. Food sanitation—handling and care of food, especially of milk; care of kitchen utensils and equipment; brief study of the sanitary aspects of commercial food distribution and preservation.
See Pattee's Practical Dietetics, page 77 to 82.

8. Methods of cooking—their effect upon the digestibility and flavor of food.
See Pattee's Practical Dietetics, page 83 to 88—330.

9. Use and abuse of condiments.
See Pattee's Practical Dietetics, page 23.

10. Hospital diets—use of liquid, light and full diet, with general procedure in feeding the sick.
See Pattee's Practical Dietetics, page 340—329 to 339.

PRACTICAL WORK IN THE DIET KITCHEN.

1. It is coming to be generally recognized that the diet kitchen is a laboratory where the student nurse may apply her technical knowledge and where she may develop a fair degree of skill in preparing food for the sick. The student is there to be taught and must not be thought of simply as a means of getting the work done.

2. The duties of student nurses in the diet kitchen should not involve any needless repetition, and their services should not be used for the routine of dishwashing and other cleaning, or for much preparatory work, such as paring vegetables, washing greens, etc. Maids should be employed for this purpose.

3. Students should have some of their diet kitchen experience during their preparatory course or soon after, so that they may apply at once the elementary principles and procedures outlined above This period should be for at least

three or four weeks, * the time of each student being carefully organized so that she may have practice in the preparation of all typical dishes included in above outline. This should prepare her to assist in the preparation and serving of the simpler ward diets.

4 Later, when she has had more opportunity to study different types of disease and to care for more complicated cases, she will take up the preparation of special diets and formulæ for infant feedings as outlined in the more advanced course below.

DIETO-THERAPY

Course of Study

Time

A minimum of 20 hours is recommended, or 30 hours if infant feeding is included.

It is thought advisable that this course should be given as soon as possible after the preliminary training and, if arrangements can be made to have the students receive this instruction during the time they are taking their training in medical nursing, they will be able to use their knowledge to the best advantage.

Instructors

The dietitian should be a graduate of a recognized school, fully qualified to meet the requirements of special hospital dietary work. The medical phases of the subject may be given by a physician who is a specialist in this field.

Aims of course

1. To apply the principles of cookery and of nutrition to the dietetic treatment of nutritional disorders.

2. To teach the students how to fill doctors' dietary prescriptions and to make attractive menus and palatable meals from these.

3. To teach the students how patients may be led to understand the purpose of their dietetic treatment in order that they may cooperate more fully with the physician and nurse.

4. To study the charting of diets on history sheets.

Methods of teaching

As the student nurse will have an opportunity for practice in preparation of diets in the diet kitchen, it is thought that less than half the time devoted to this course should be given

* Preparatory students are usually on practical duty not more than three to four hours daily. If the students are on eight-hour duty, the total period in the diet kitchen should be shortened accordingly.

to laboratory practice. As each type of diet is being considered, trays, demonstrating suitable menus, should be prepared and used as a basis for lectures and for discussions by the students.

CONTENT OF COURSE

1. Principles in the dietetic treatment of disease, with special reference to diseases of metabolism, and other conditions requiring special diets.

See index in Pattee's Practical Dietetics under each special disease.

2. A study of the various types of diets as they are used in treating various diseases, using each as a basis for planning attractive menus and preparing palatable meals for patients:

(a) Starch free diet.....
(b) Fat low diet.....
(c) Protein low diet .....
(d) Purin free diet.....
(e) Salt free diet.....
(f) Diet with restricted or forced fluids. .....
(g) High calorie diet.....
(h) Diets with roughage.....
(i) Diets as free from roughage as possible.....
(j) Various combinations of above diets.....

See index in Pattee's Practical Dietetics under each special diet.

3. Practice in filling dietery prescriptions computing caloric values of special diets when necessary, and charting.

See index in Pattee's Practical Dietetics under each disease.

4. Infant feeding—modified milk and doctors' formulæ—technique of milk room, such as care of feeding bottles, use of Babcock tester, etc.

See index in Pattee's Practical Dietetics under infant feeding.

PRACTICAL WORK IN WARDS AND DIET KITCHEN

1. When the student nurse is experienced enough to be assigned to the position of chief diet nurse in the medical or surgical wards, it is desirable that her time should be divided, if possible, between the wards and diet kitchen, in order that she may study the patients' individual needs, prepare

under supervision the diets for the special cases, and follow closely the effects which are produced by the treatment.

2. In the same way, her service in the milk room should, if at all possible, be a part of her service in the children's wards, so that she may know the condition of the babies and watch from day to day the results of the formulæ they are getting.

3. As an instructor of nurses, the dietitian or her assistants should, through visits to the wards, keep closely in touch with the diet work of the student nurses there. In the larger hospitals, where the dietitian has charge of the administration of the dietary work throughout the entire hospital, she should, of course, have adequate assistance for the supervision of the work of the diet kitchen and for the training of student nurses. Here also the pupil dietitians should get their training in supervising special diet work.

POST-GRADUATE WORK

Special problems of food and nutrition in public health work and in institutional administration should be considered as post-graduate study. The social service dietitian is best qualified to give instructions in the former, and the administrative dietitian in the latter. Nurses who wish to specialize in metabolic work should also plan to take post-graduate training.

Each of these classes should be followed by a laboratory period in the diet kitchen where all special diets would be prepared.

METHODS OF TEACHING AND ILLUSTRATIVE MATERIAL

As in preceding course

AMERICAN NURSES' ASSOCIATION

STANDARD MINIMUM REQUIREMENTS IN DIETETICS

FOR

ACCREDITED SCHOOLS OF NURSING

As approved by the Board of Directors of the American Nurses' Association, May 9, 1919, at Cleveland, Ohio.

EDUCATIONAL REQUIREMENTS FOR ENTRANCE TO SCHOOLS FOR NURSING

After January 1st, 1919, to January 1st, 1921 — evidence of a successful completion of one year of high school work.

After January 1st, 1921, to January 1st, 1922 — evidence of a successful completion of two years of high school work.

After January 1st, 1922 — evidence of four years of high school work, with prerequisites — chemistry, one year; household economics, one year.

Prior to January, 1922, the following prerequisite studies are recommended to students contemplating the study of nursing and may be included in a high school, college, or in an approved private school course.

The following are the dietetic requirements:

IV. Chemistry. Includes elementary general chemistry with laboratory practice. Household chemistry.

VII. Household Economics. Includes domestic science as cooking and household management, preparation of meals and calculation of food values.

Arrangement of Course in Dietetics

FIRST YEAR

First Half. Hospital housekeeping; Tray-service. Use of metric system.

SEOND YEAR

First Half. Dietetics. 32 hours (2-hour periods).

The application of the principles of nutrition and cookery (taken up before entering the school of nursing) to diet in disease.

Includes: (*a*) lectures by physician or nurse dietitian; (*b*) demonstrations and laboratory work in hospital diet laboratory by special instructor or hospital dietitian; charting and observation in wards on results of routine and special diets; (*c*) calculation of food requirements and preparation of menus.

THIRD YEAR

Classes and demonstrations in infant feeding by nurse instructor or by dietitian.

Practical Work in Dietetics

Comprises the probation period and includes an introduction to central diet kitchen (food service).

Diet Laboratory. Two months (on basis of eight hours per day). Includes: The preparation of special diets under the supervision of the teacher of dietetics, or a competent supervisor. This service should come, preferably, during the second year.

ALABAMA STATE BOARD REQUIREMENTS

(Requirements the same as for the American Nurses Association note page 17.)

ARKANSAS STATE BOARD REQUIREMENTS

Arkansas Hospital Training Schools have adopted the Standard Curriculum for Schools of Nursing as recommended by the National League of Nursing Education. For outline note page 2 of this book.

CALIFORNIA STATE BOARD REQUIREMENTS

FIRST YEAR

Dietetics: The general function of food. Amount of food. Consideration of age, sex, occupation, exercise, climate, etc., as guide to amount required. Dangers of excessive amounts, of insufficient food, unbalanced diets.

Food habits; regular eating, proper mastication, intervals between meals. Dangers of irregular eating; constipation, indigestion, chronic appendicitis. Effects on general system. The influence of water upon health. Composition of water, sources of water supply. Properties of pure water, dangerous water.

Purification of water. Methods of purifying water for domestic use. Care of filters.

Use of water in the body. Function of water as a good; amount required to be taken into the body in twenty-four hours; loss of water from the body. Dangers arising from neglect of drinking sufficient water.

Nutrition and Cooking

16 Hours

1. Introduction. Principles of nutrition. Building and repair of tissues. Processes concerned in growth, maintenance and repair of the body. Principles of the chemistry of foods. Their source and nature. Physiological chemistry; digestion, absorption, metabolism. Dietetics; nutritive value of foods, food requirements in normal and abnormal conditions.

2. Foods. Classification of foodstuffs. Inorganic food material. Composition and examples of proteins, fats, carbohydrates. Origin of organic food substances and manufacture in plants. Characteristics and uses in the body of the different organic foodstuffs including organic acids, vitamines and condiments. Action of ferments on foods. Explanation of source, function, etc., of enzymes, zymogens, secretions, internal secretions. Nature of hydrolysis, dehydration, oxidation.

3. Digestion — Absorption — Metabolism. Changes occurring during digestion of various foodstuffs. Organs concerned. Conditions influencing digestion.

Changes occurring during absorption.

Nature of metabolism.

4. Food Values and Food Requirements. The fuel value of food. The caloric; definition and method of estimating caloric values.

Conditions influencing food requirements.

Food habits. Dietary standards.

The "balanced" diet; the "unbalanced" diet.

5. Selection and Care of Foods. Classes of meats; various cuts; relative nutritive value; appearance of good meat.

Fish; varieties, appearance, freshness.

Selection of vegetables, fruit, etc.

The preservation of food Physical and chemical changes that occur in decomposition of food. Danger of contamination from bacteria and insects. Methods to prevent contamination.

Recognition of contaminated food.

Care of ice box, cooling closet, etc.

Common forms of food adulteration.

6. Preparation of Foods. Chemistry of cooking. Action of heat on various classes of proteins, starches, fats. Degrees of heat required. Changes caused by cooking.

Methods of cooking, as roasting, broiling, boiling, stewing, etc.

Use of the double boiler, paper covers, fireless cooker.

I. Methods of Diet Kitchen Procedure Dish-washing, care of tables, drawers, equipment, linen, etc.; care of stove, method of lighting, care of oven, etc.; table of abbreviations, measures, quantities.

II. Protein Foods. *Milk.* Outline of composition.

Demonstration of extraction of casein, as in cottage cheese; extraction of albumin as in whey, junket.

Discussion on production of butter and buttermilk.

Demonstration of artificially prepared buttermilk, kumyss, peptonized milk.

Demonstration of the effect of heat on milk, the preparation of heated milk, boiled milk. Serving.

Eggs. Composition and nutritive value.

Method of preparation. "Soft cooked," "hard cooked," poached, baked, omelet. Method of serving.

In combination with milk, as baked custard, soft custard, souffle, coddled.

Method of serving

Meats Various kinds, composition and nutritive value of each.

General principles and methods in cooking meats, as in roasting, broiling, boiling.

Application of principles for retaining or extracting juices.

Demonstration in making beef tea, beef broth, beef juice, chicken broth. Serving.

Demonstration in scraping beef, in balls seared over, in raw beef sandwiches, plain or toasted.

Demonstration in cooking lamb chops, beefsteak, broiled chicken, broiled squab, bacon

Sweetbreads. Description and food value.

Preparation and method of cooking.

Gelatine Source, properties, composition, nutritive value, gelatine preparations.

Demonstration in preparation of wine jelly, orange jelly and other attractive desserts as time and facilities will permit.

Fish. Constituents, nutritive value, digestibility.

Various kinds suitable for the sick.

Method of preparing for cooking, principles of cooking and serving.

Demonstration in method of broiling, baking and boiling, preparing a simple fish sauce.

Shellfish, as oysters and clams. Constituents and nutritive value, digestibility, when in season.

Demonstration in serving raw oysters; cooked oysters, as pan roast, broiled, creamed, oyster soup, oyster broth.

Demonstration in making clam broth, clam soup.

III CARBOHYDRATE FOODS. Examples of foods composed largely of starch and sugar.

Demonstrate the cooking of starch in boiling and baking; swelling and bursting of starch granules; influence of cooking on digestibility of starch.

Changes caused by cooking. Various tests — for starch.

Starch grains cooked and uncooked under microscope.

Cooking cereals and mushes. Preparations, length of time required, serving.

Principles of bread-making and practical methods.

Demonstration in various flours, as wheat, whole wheat, gluten, bran. The composition, nutritive value and use of each.

Demonstration in bread-making, as wheat bread, gluten bread, gluten biscuits, bran bread, bran biscuits.

Rice in various forms; toast in various forms.

White sauce principles. Cream toast. Serving.

IV. VEGETABLE FOODS. Classification. Carbohydrate content; protein content; extractives.

Legumes; roots and tubers; green vegetables; fungi, lichens.

Examples and discussion of each classification.

Illustrate by table showing composition of the most commonly

used vegetables, emphasizing those of special value to the individual.

Discuss preparation of vegetables for cooking, also vegetables served without cooking. Cellulose, sweet juice, green juice.

Demonstrate cooking process, various methods of cooking potatoes.

Demonstrate combination of white sauce and vegetable puree.

V. Fruits. Dietary value, nutritive constituents, mineral elements.

Importance in children's diet. Digestibility.

Mode of preparation and serving.

Cooked fruit, as baked apple, prunes, etc.

Demonstration in the cooking of apple sauce, baked apple and other cooked fruit usually served to the sick.

VI. Fats. Classification; animal fat, vegetable fat.

Examples of each classification.

Discuss function and digestibility of fatty food in health.

Demonstrate preparation of salad dressings; French, mayonnaise.

VII. Salts. Consideration of the salts entering into the composition of the body.

Of the salts contained in foods; their function and value, especially in childhood.

Examples of food containing the necessary salts.

Use of common salt in cooking.

VIII. Beverages. *Water foundation.* Tea, coffee, postum.

Discuss source, active principles, preparation for commerce, stimulating value. Demonstration in preparation and serving of each.

Milk foundation. Cocoa, chocolate, malted milk, etc.

Discuss source of cocoa, composition and nutritive value.

Demonstration in method of making and serving.

Albuminous. Albumin water, albuminized milk, albuminized fruit drinks, eggnog, etc.

Demonstration in method of preparation and serving.

Acid. Lemonade, orangeade, grape juice, pineapple juice.

Carbohydrate or starchy beverages. Oatmeal water, rice water, barley water. Gruels: flour, oatmeal, barley, arrowroot, and other varieties.

Demonstration in method of preparation and serving.

Method of preparation and serving.

IX. Classification of Diets. Consideration of different classifications.

Articles of food and quantities in each classification.

Regular or house diet.

Soft diet.

Liquid diet.

Strictly milk diet.

X. Food Service. Essential points in serving the sick. Influence of proper service on digestion and appetite.

Preparation of tray, proper arrangement of dishes and silver.

The service of hot and cold foods, method of keeping foods hot. Personal appearance of nurse in regard to cleanliness of linen, hands, manner of carrying tray.

Preparation of patient for the meal; position, washing face and hands, position of tray, use of bed tray, bedside table and other appliances for comfortable eating.

Preparation of food; cutting the meat, opening eggs, pouring tea and coffee, etc.

Feeding helpless patients. Points to be observed in giving liquid, soft or solid food. Appliances used for feeding.

Reasons why the nurse should be seated while feeding, why food should be given slowly, etc.

Mannerisms objectionable in serving, as tasting in presence of patient, blowing on hot liquid food and other faults of service observed by instructor.

Removal of tray, disposal of waste.

Method of teaching. By lecture, recitation, demonstration and practical work by each student.

The lectures may be given in the class room or in the school diet-kitchen. Illustrative material should consist of charts, food tables, gross and microscopic food articles.

Notes must be taken, rewritten and corrected by instructor.

The practical work must be given in school diet-kitchen and under the constant supervision of the instructor. The demonstration should be given first by the instructor, followed by the practical work of each student and credits given on the character and results of the work.

In schools where the instructor is in residence, supervision should be given of the practical application of the course in the serving of food in the hospital.

SECOND YEAR

1. Food Functions. Review of function of various foods in nutrition of the body.

Caloric value of primal food constituents.

Caloric needs under varying conditions, as age, occupation, climate, etc.

2. Diet for Children at Different Ages. Consideration of the feeding of children from the second to sixth year, with special reference to weight, appetite, exercise, season, time of feeding, etc.

Feeding during school period.

Articles of food important in tissue building. Article of food not allowed.

Serving food; instruction in eating, mastication, etc.

Importance of first food habits.

Dietaries for children from the second to sixth years.

Dietaries for children during the second period.

3. Diet for Sick Children. The feeding in derangement of digestion; in malnutrition, marasmus, scorbutus, rickets.

Arrangement of menus from articles prescribed.

Method of preparation, serving and feeding.

4. Food Requirements in Various Diseases. Acute febrile conditions, acute surgical, constitutional diseases, in convalescing conditions, etc.

Diseases in which diet is an essential factor. Reasons for the diet in each case.

5. Diets as Prescribed. Typhoid diets. Fluid, modified milk, soft, convalescing.

Transition from convalescing to full diet.

Articles of food comprising these diets. Arrangement of diet lists and menus.

(*a*) Diabetic Diet.

The object of dietetic treatment in diabetes.

Classification of diet as strict, modified, mild. Articles of food usually allowed. Articles prohibited.

(*b*) Gastric Diets.

Consideration of the various diets coming under this class. Articles of food comprising each.

Gastric test meals. Intestinal test diet. Diet lists and menus.

(*c*) Nephritic Diet.

Articles of food used in restricted and modified diet. Consideration of the diet in acute and chronic conditions.

(*d*) Anticonstipation Diet.

Reasons for special diet and class of food required.

(*e*) Obesity Diet.

Caloric needs in individual cases.

Class of foods restricted. Arrangement of menus.

(*f*) Salt-free Diet.

(*g*) Purin-free Diet.

(*h*) Weighed Diet.

Consideration of constituents of each diet. Method of calculation of food values and arrangement of diet lists and menus.

Practical Work. Demonstration and practice in students' diet

kitchen in the preparation of diets. Preparing special recipes, weighing and measuring, the calculation of food requirements, etc. Practice should also be given in arranging trays and serving diet with special observation of patient's likes and dislikes, appetite, amount of food taken, also progress and result of dietetic treatment.

Method of Teaching. In order that the student may have a thorough comprehension of the value of diet in disease, this course has been arranged to follow the courses in medical and surgical nursing. The lectures should be given by a well qualified dietitian. Students must arrange the subject matter in outline form in their note books, emphasizing the essential facts to be remembered. In presenting the subject, instructors should avoid confusing the student or exacting memorization of nonessential points.

THIRD YEAR

Infant Feeding. 10 Hours.

1. NUTRITION IN INFANCY.— Importance in growth and normal development of the infant.

Physiological laws regarding growth and development. Consequences of disregard of laws.

Food constituents. Special functions of protein, fat, carbohydrates, mineral salts and water in the growth of the infant.

Ability of infant to assimilate, digestive powers, capacity of stomach.

Caloric value of protein, carbohydrate, fat.

2. MODE OF NUTRITION.— *Human milk.* Physical characteristics, composition. Conditions affecting composition.

Cow's milk. Essentials of good cow's milk.

Microorganisms in milk. Conditions influencing number of bacteria in milk. Bacteriological standard of milk.

Pathogenic bacteria and spread of disease through milk. Rules for general handling of milk.

Composition of cow's milk. Points of difference between cow's and human milk.

3. STERILIZATION OF MILK.— Method and degree of heat.

Effect of sterilization; advantages, disadvantages.

Pasteurization; method and degree of heat.

Pasteurizing apparatus used commercially.

Pasteurizing apparatus for home use.

4. METHOD OF FEEDING.— (*a*) Breast feeding.

Importance to infant; intervals of feeding; regularity in nursing; length of nursing.

Weighing baby at stated intervals; observation of stools; overfeeding; regurgitation; colic.

Underfeeding; loss of weight; observation of stools.
Diet of nursing mother.
Supplementary feeding.
Encouragement of breast feeding though insufficient.
Bottle at regular intervals, after nursing or alternating.
Value of breast milk if only for two nursings in 24 hours, one night and one day.

(*b*) Bottle feeding. Modified milk. Modification of cow's milk for infant feeding; diluents. Gruels and beef preparations; nutrient value, essential points in preparation.
Proprietary foods. Composition and nutrient value.
Drinking water. Orange juice.
Schedule of formula from 6 to 14 months.
Observation of stools.

5. Weaning. (*a*) From breast.
Average age for weaning. Method of weaning, strength of formula required during weaning. Water from bottle.

(*b*) From bottle.
Average age for weaning from bottle.
Number of meals, extra articles of diet.

6. Diet from 18 Months to 2 Years. Approximate food values. Caloric requirements. Articles of diet allowable.
Number of meals each day.

7. Preparation of Formulas.

Utensils Required.

(*a*) One dozen bottles (round short neck)
(*b*) Nipples (seamless, reversible) glass for solution of boric acid or borax
(*c*) Chapin dipper
(*d*) Glass graduate 16 oz.
(*e*) Two pitchers
(*f*) Funnel
(*g*) Bottle brush
(*h*) Double boiler
(*i*) Cotton or corks
(*j*) Rack for bottles
(*k*) Special receptacle for boiling bottles

Ingredients Required.

(*a*) Certified milk
(*b*) Sugars:
(*c*) Water — *cold,* boiled
Oatmeal
Flour
Cornstarch
Arrowroot
(*d*) Gruels (cold)
Barley
Milk sugar
Dextro maltose
Cane sugar
(*e*) Condensed milk
(*f*) Proprietary foods

8. Method of Technique and Procedure for Formulas. *Technique of Procedure.*

(*a*) Care of bottles. Rinse after use; fill with water. Boil before filling with formula.

(*b*) Care of nipples. Turn and rinse after use. Put in boric acid solution. Boil once a day.

(*c*) Scald pitchers, funnels, measuring glass before preparing formula.

(*d*) Clean hands. Clean apron. Clean table.

(*e*) Care of milk in home. Keep cool, in cold water or refrigerator.

Procedure.

(*a*) Whole milk. Pour out quart bottle of milk into pitcher and mix thoroughly.

(*b*) Top milk. Allow one quart of milk to stand in bottle three hours in cool place. To remove top milk, use Chapin dipper. Dip off first ounce with a spoon.

Top 5 ounces equals 20 per cent fat.

Top 10 ounces equals 10 per cent fat.

Top 24 ounces equals 5 per cent fat.

Whole milk equals 4 per cent fat.

(*c*) Skimmed milk.

The lower 15 ounces equals one-half per cent fat.

(*d*) Sugar solution.

1 dipper equals ½ ounce by weight.

1 dipper equals one tablespoon rounded.

2 dippers to 20 ounces formula equals 5 per cent solution of sugar. (1 ounce in 20 ounces of fluid.)

(*e*) Gruels.

(1) Weak. One dessert spoon of flour (barley, etc.) to a pint of water. Cook 35 minutes in a double boiler.

(2) Medium. One tablespoon of flour to a pint of water.

(3) Strong. Two tablespoons flour to a pint of water. (Barley jelly.)

(*f*) Filling bottles.

After mixing formula (*all ingredients cold*), divide into proper number of bottles for 24-hour feedings. Seal with cotton or cork and keep *cold* until used.

When ready to use, warm milk in bottle. Remove cotton and apply nipple.

Demonstrations.

In care of milk, bottles, nipples, utensils, ice box, sterilizers, etc.

Demonstration of the properties of whole milk, top milk, skimmed milk, illustrating percentage of fat in each.

Preparation of diluents as barley water, lime water, gruels, buttermilk, whey, etc.

Beef preparations; cereals, cereal jellies.

METHOD OF TEACHING. This course may be given by the instructor of nurses, the dietitian or a nonresident instructor fully qualified to teach this particular and important subject.

The instruction should include lectures with notes, required reading and short papers on infant feeding contributed by each member of the class.

COLORADO STATE BOARD REQUIREMENTS

(Requirements are the same as for the American Nurses' Association; Standard Minimum Requirements in Dietetics for Accredited Schools of Nursing.) For outline note page 17 of this book.

CONNECTICUT STATE BOARD REQUIREMENTS

(Requirements are the same as for the American Nurse's Association; Standard Minimum Requirements in Dietetics for Accredited Schools of Nursing.) For outline note page 17 of this book.

DELAWARE STATE BOARD REQUIREMENTS

Delaware Hospital Training Schools have adopted the Standard Curriculum for Schools of Nursing as recommended by the National League of Nursing Education. For outline note page 2 of this book.

DISTRICT OF COLUMBIA STATE BOARD REQUIREMENTS

SECOND YEAR

Dietetics.....64 hours.

Includes (a) 12 lectures of physiology of digestion, composition, and fuel value of foods; calculation of food requirements and preparation of menus; (b) 12 classes of 2 hours each demonstration in cooking and preparation of food and special diets.

Practical work ..... 2 months.

Includes preparation of soft and light diets and special diets under the supervisor. This service should come, preferably during the second year.

FLORIDA STATE BOARD REQUIREMENTS

The Florida curriculum is to be the Requirements of the American Nurses' Association; Standard Minimum Requirements in Dietetics for Accredited Schools of Nursing. For outline note page 17 of this book.

GEORGIA STATE BOARD REQUIREMENTS

The Georgia curriculum is to be the Standard Curriculum of the Nurses' Association; Standard Minimum Requirements in Dietetics for Accredited Schools of Nursing. For outline note page 17 of this book.

IDAHO STATE BOARD REQUIREMENTS

PRELIMINARY TERM

Preparing, serving, and clearing of trays; care of refrigerator; feeding of helpless patients.

SECOND YEAR

Dietetics — 24 two-hour lessons — individual class work under dietitian (15 minutes to theory and remainder of period to practical work).

ILLINOIS STATE BOARD REQUIREMENTS

Dietetics. The course of instruction shall be well balanced and systematic, shall include both theory and practice. Outline of the work to be arranged by the teacher.

PROBATIONARY PERIOD

Elementary Dietetics ..... 5 hours

FIRST AND SECOND YEAR

Dietetics (Theory-class room) ..... 18 hours
Dietetics (Practice) ..... 12 hours

THIRD YEAR

Diet Service (full day ..... 2 months

INDIANA

FIRST YEAR

First half. Hospital housekeeping, tray-service.
Second Half. Elementary Dietetics. 16 hours.
Study of food values; principles of cookery; preparation of simple foods.

SECOND YEAR

First Half. Dietetics. 48 hours (2-hour periods).
The application of the principles of nutrition and cookery to diet in disease. Includes: (*a*) Lectures by dietitian; (*b*) demonstrations and laboratory work in hospital diet laboratory by special instructor or hospital dietitian; charting and observation in wards on results of routine and special diets; (*c*) calculation of food requirements and preparation of menus.

PRACTICAL WORK

Diet Laboratory ..... 2 months

Includes: The preparation of special diets under the supervision of the teacher of dietetics or a competent supervisor. This service should come preferably during the second year.

THIRD YEAR

First Half. Classes and demonstrations in infant feeding by nurse instructor or by dietitian.

IOWA STATE BOARD REQUIREMENTS

PRELIMINARY TERM

Preparation of trays and serving of food, with explanation of different diets. Serving and feeding helpless patients.

FIRST YEAR

Dietetics: Foods — Source, functions, process of digestion, absorption, metabolism, elimination. Classification of foods. Food values. Principles of cooking. Effects of cooking on various classes of food. Relation of diet and nutrition; kinds and proportions required under normal conditions. Modifications of, and general principles of cookery required in the preparation of food for the sick. Preparation and serving of beverages, as albumen water, tea, coffee, cocoa, chocolate, wines, fruit juices, malted milk, beef juice. Milk: Pasteurized, sterilized, modified, kumyss, buttermilk (artificial), whey, and egg-nog. The adulteration of food. Care of food. Care of ice box, kitchen, gas range, cooking utensils, etc.

Practical Dietetics in Kitchen: 6 weeks.— Computing cost of foods. Computing food values. Planning menus for people in health and disease. Dietary for special diseases, as nephritis, diabetes, etc. Feeding for children, sick and well. General cooking lessons. Making of broth, gelatine, salads, desserts, etc. Practical training in this course covers a period of at least six weeks, in which the student is required to assist in the planning, preparation, and serving of food, special instruction being given with reference to diet, as a means of treatment.

KANSAS STATE BOARD REQUIREMENTS

LESSON 1. Feeding helpless patients. Take time to do things right. Have everything as neat and clean and appetizing as possible. Have clean hands. Remove all soiled dressings, excretions, etc., before you start to feed the patient. Give the patient plenty of time to masticate his food. Cheerfulness on part of the nurse

and appropriate conversation will aid the patient in forgetting himself while partaking of food.

LESSON 2. Serving liquid diet—(*a*) To helpless patients. Put your hand under the pillow and raise up the shoulders when the patient is drinking from a glass or cup. Feeding cups, glass tube and tray cover must be scrupulously clean. If the patient is to drink only a small amount, serve it in a small glass, rather than in a large one. If a glass tube is to be used, it should be bent and the glass with the liquid held low enough to avoid any exertion on the patient's part. If the patient drinks from a glass do not have it too full. Do not have the liquid too hot, nor too cold. If broths are allowed, remove all grease. (*b*) To unconscious patients. Administer liquid slowly. Use a teaspoon or a medicine dropper. Give at least half a teaspoonful at a time, because swallowing is not induced by a few drops. Unconscious patients often must be fed by rectum.

LESSON 3. Tray serving and food serving. Tray must be of the right size, neat and clean. If light diet is given a small tray may be used. The tray cloth must be spotless. Food should be palatable and attractive. Pupil nurses must not serve any articles of food to patients, except what has been ordered by the attending physician, the head nurse or the dietitian. Rather give a small amount of food at short intervals than large amounts at longer intervals. Serve hot that which should be hot, and cold that which should be cold. A few flowers strewn in one corner of the tray will often be highly appreciated by the patient confined to the sick room for awhile. If possible, divert the patient's mind from her own troubles, or anything unpleasant while she is partaking of food.

Instruction in dieteties shall be both practical and theoretical. Written examinations shall be given at the end of each term.

First year—10 one-hour lessons each week.

Second Year.—12 one-hour lessons each week.

Third Year.—Diet kitchen practice one month.

KENTUCKY STATE BOARD REQUIREMENTS

Dieteties. Thirty-two (32) hours (two hour periods). (a) Food—its object, value and composition. (b) Food values in relation to nutritive value. (c) Care and preparation of food. Evidence of digestion. (d) General rules for feeding the sick. (e) Special diseases and what to avoid, such as Diabetes, Gastritis, Nephritis, Dyspepsia, Constipation, etc.

LOUISIANA STATE BOARD REQUIREMENTS

BRANCHES TO BE TAUGHT

Dietetics, Domestic Science, and Food Values.

SECOND YEAR

Dietetics, 20 hours: Clinic and Demonstrations.

Care of refrigerators; tray setting and food serving; feeding of helpless and delirious patients; management of liquid diet, with modification for infants according to different formulas, also for fever patients and invalids.

MAINE STATE BOARD REQUIREMENTS

PRELIMINARY TERM

Dietetics 4 hours: Tray-setting, administration of food to delirious, helpless and other patients; artificial feeding of infants, care of bottles and food.

FIRST YEAR

Dietetics, both theoretical and practical work — 24 hours.

MARYLAND STATE BOARD REQUIREMENTS

FIRST YEAR

Dietetics: Minimum standard. 15 lessons. Two and one-half hours each. (Theory and practice.) Higher standard. 12 lectures. 6 hours practical work for eight weeks.

MICHIGAN STATE BOARD REQUIREMENTS

The minimum requirements of the Michigan State Board is a modified outline of the "Standard Curriculum" for Schools of Nursing Education as recommended by the National League of Nursing Education. The accredited training schools must use the Standard Curriculum as a guide and the instruction must be given as per the methods indicated. There is no restriction whatever if the training school desires to follow the Standard Curriculum in its entirety, (note page 2), but all schools must cover the required subjects of the Board, given to each subject at least the minimum of hours.

GENERAL SCHEME OF THEORETICAL INSTRUCTION

FIRST YEAR

Dietetics. Tuesday and Saturday from October to December inclusive—I hour periods.....50 hours.

MINNESOTA STATE BOARD REQUIREMENTS

First Year, First Half

Preliminary Course.

Elementary Dietetics ..... 16 hours.

Care of refrigerator. Feeding the helpless patient. Care of the patients' dishes, drinking tubes, etc. Preparation and serving of liquids—milk, hot and cold, egg nog, cocoa, fruit juices, broths, etc Preparation of gruels, toast, eggs, etc. Hospital diet lists. Classification. Time of serving. Preparation, serving and clearing of trays.

FIRST YEAR

Practical work in Dietetics.—Individual classwork under dietitian. To include proper method of preparing and serving: Coffee, tea, cocoa, broths, cream and meat soups, beef juice, egg nogs, albumin, milk. Toast, Pulled bread, croutons. Bread—wheat, graham, whole wheat, gluten, bran, nut. Light desserts—baked apples, corn starch, custards, gelatines, ices, ice cream. Eggs,—soft boiled, poached, creamed, omelet. Cereals. Gruels. Rice. Meats—Beefsteak, lamb chops, roast beef and lamb, bacon, sweet breads, scraped beef, game, chicken. Fish—baked and broiled—white fish, halibut, bass, trout. Oysters—creamed, panned, stewed, escalloped, Potatoes—Baked, boiled, creamed, stuffed, escalloped. Fruits—stewed and fresh. Salads—and salad dressing—Fresh, mayonnaise, and cooked dressing.

MISSISSIPPI STATE BOARD REQUIREMENTS

First Year

20 classes in dietetics 1 hour each. One month practical diet kitchen work.

Second Year

10 classes in dietetics, 1 hour each. One month practical diet kitchen work.

Third Year

One month practical diet kitchen work. Instruction to be given by a trained dietitian. Require three months' practical diet kitchen work in all Training Schools.

MISSOURI STATE BOARD REQUIREMENTS

The State Board of Examiners of Nurses recommend that Missouri Hospital Training Schools follow as nearly as possible the curriculum as outlined by the National League of Nursing Education. For outline note page 2 of this book.

MONTANA STATE BOARD REQUIREMENTS

Montana Training Schools for Nurses have adopted the Minimum Requirements for Accredited Schools of Nursing recommended by the Directors of the American Nurses' Association. For outline note page 17 of this book.

NEBRASKA STATE BOARD REQUIREMENTS

Nebraska Hospital Training Schools have adopted the Standard Curriculum for Schools of Nursing as recommended by the National League of Nursing Education. For outline note page 2 of this book.

NEW HAMPSHIRE STATE BOARD REQUIREMENTS

Preliminary Term and First Year

Dietetics: 30 hours.

NEW JERSEY STATE BOARD REQUIREMENTS

Theoretical Dietetics

Food: source, composition, classifications, definitions, adjuncts.

Mineral matter: source, functions.

Water: source, functions in body; varieties of drinking water; source of disease.

Beverages: tea, coffee, cocoa, chocolate; nutritive value; physiological effects; caloric value of foods.

Animal foods: milk, constituents; care and preservation; bacteria in milk; effect of heat; adulterations, contamination, impurities, derivatives, digestibility; composition, comparison of human and cow's milk.

Modification: top milk, Baner method; certifications, pasteurization; adaption of milk for the sick; the uses of milk.

Eggs: composition, test, digestibility; nutritive value; effect of temperature; advantages and disadvantages in use.

Fish: classes; composition; sign of freshness; care; nutritive value.

Mollusks and crustaceans.

Meats: composition; nutritive value; effects of heat; comparison of raw and cooked meat; effect of hot and cold water; organs used as food; preparations of meat for the sick; solid; fluid, concentrated, predigested, preservatives.

Poultry: game.

Fats and oils: source, vegetable and animal; functions; digestibility; value as food; vegetable acids.

Carbohydrates: source, functions, nutritive value.

General principles in cooking vegetables, and cereals. Fruits; uses in dietary; nuts; food adulterations.

Sugars: comparison of animal and vegetable foods (diets); quantity of food required; planning menus; caloric value of foods; computing calories in ordinary diets.

Feeding of infants: capacity of infant's stomach; diet in childhood; caloric value of infant formulas.

Diet in disease: fevers in general — typhoid; digestion of foods; general relation of food to special diseases; diseases caused by dietetic errors; food required for special conditions; administration of foods for the sick.

Diseases especially influenced by diet: review of theory and formulas; classification of diets; preparation of diets in special diseases.

Practical Dietetics

Preparation of trays.— Beverages: preparation and serving; tea, coffee, cocoa, chocolate.

Acid beverages: egg lemonade, wine whey, cream of tartar drink, mulled wine, grape wine, Irish moss lemonade, apple water, orangeade, seltzer and orange, egg and wine, lemon whey, lemon albumin, Stokes brandy and egg mixture, sugar syrup, toast water, iced grape juice.

Milk and egg beverages; albuminized milk, fluffy egg-nog, egg and brandy, plum egg-nog, coffee egg-nog, malted milk with egg, mixed egg-nog, chocolate syrup, egg and orange. Soups: stock, cream; gruels. Biscuit, muffins.

Meats, fish and poultry, etc.: meats — broiled, panned, stewed, dressing of poultry, broiling of poultry, stewing of poultry; oysters — panned, stewed, creamed, broiled; fish — broiled, boiled with sauce; sauce — white sauce for stewed chicken, tomato sauce, drawn butter.

Salads and sandwiches: plain lettuce, tomato, celery and apple, fruit salad, French dressing, mayonnaise, boiled dressing, sweet dressing for fruit salad. Sandwiches: plain, brown bread, lettuce, fancy shapes, olive, rolled. Baked bananas.

Cereals: oatmeal, cream of wheat, hominy grits. Vegetables — starchy; potatoes — baked, stuffed baked, boiled, mashed, creamed; rice; green vegetables — spinach, celery, tomatoes, cauliflower, string beans.

Cooking of eggs: boiling, steaming, poaching, omelet — three kinds, eggs in cream sauce, eggs in tomato sauce. Preparing baby food, formulas.

Desserts and sugars: boiled custard, baked custard, caramel boiled custard, snow pudding, gelatin — sherry, orange and lemon, charlotte russe, cooking of fruit, serving of raw fruit.

Ice cream; sherbets and ices, cake — plain, sponge, wafers. general review.

NEW YORK STATE BOARD REQUIREMENTS

First Year — First Semester

Nutrition and Cookery

Time: 24 hours. Twelve periods of 2 hours each. Each period to include class, demonstration, and laboratory work. Class conducted by one dietitian. Given in first term of preparatory year.

Objects of Course: 1. To give pupils a good fundamental understanding of the principles and methods of simple cookery for well and sick people. 2. To make them familiar wth the nutritive values of foods, and help them to arrange a balanced dietary for well people or convalescents according to the demands of age, physical activity, climate, etc. 3. To help them to understand and administer the ordinary hospital diets. (Dietary treatment of particular diseases to come later.)

Outline of classes: 1. Chemical composition of the body and of food; classification of foods. 2. Digestion; the general principles of cooking and serving in relation to digestion. 3. Computation of fuel value and building materials in foods. 4. Beverages. 5. Cereals, gruels and starch drinks. 6. Breads; leavening agents. 7. Vegetables, fruits and sugars. 8. Protein foods; milk. 9. Eggs. 10. Meats. 11. Fish, fats and oils. 12. Hospital diets.

If necessary, lesson 2 may be given later when this subject has been covered in the anatomy course.

First Year — Second Semester

Diet in Disease

Time: 8 hours. Four periods of two hours each. Classes by nurse instructor. Demonstrations and laboratory work conducted by dietitian. Given in second term of preparatory year.

Objects of Course: To apply the fundamental principles of cookery and nutrition to the dietary treatment of the most common diseases. In each of the conditions mentioned below, general principles of feeding are discussed, diet lists examined, menus made out, food values computed, and typical diets prepared and served. The charting of diets is also emphasized and the importance of proper records, especially in metabolism studies.

Outline of Classes: 1. Diet and diseases of the digestive system: test diets and nutrient enemata. 2. Diet in fevers: high caloric feeding; diet in convalescence. 3 and 4. Diet in diabetes, nephritis,

cardiac disorders, nervous and mental conditions, rheumatic conditions, etc.

SECOND YEAR — FIRST SEMESTER

The feeding of normal children. Disorders of digestive tract.

NORTH CAROLINA STATE BOARD REQUIREMENTS

North Carolina Training Schools have adopted the Requirements in Dietetics for accredited Schools of Nursing recommended by the American Nurses' Association. Note page 17 of this book for prerequisite studies recommended for entrance requirements to Schools of Nursing.

Minimum Requirements for Theoretical Work

First Year. First half. Elementary dietetics sixteen hours.

Second Year. First Half. Advanced dietetics and laboratory work sixteen hours.

Minimum Requirements for Practical Work

Diet kitchen two months.

NORTH DAKOTA STATE BOARD REQUIREMENTS

PRELIMINARY TERM

Dietetics: Preparing, serving, and clearing of trays. Care of refrigerator. Feeding of helpless patients. Preparing and serving of liquids.

FIRST YEAR

Theoretical work: (Partly in probation period and applied dietetics in senior year.) Anatomy and physiology of digestion. Review subjects as already given in anatomy, i.e., mechanical and chemical processes, absorption, assimilation, metabolism, elimination. Food-definition of, source, function, composition, classification, and food adjuncts. Water, minerals, fats, and oils, carbohydrates and proteins, each studied as to their composition, food value, digestion, and comparative values. General principles to be observed in cooking starches — cereals, vegetables, etc. Proteins — eggs, meat, etc.

Practical work: 24 two-hour lessons—individual class work under dietitian. (15 minutes to theory and remainder of period to practical work.) Practical work to include the proper methods of preparing and serving: Coffee, tea, cocoa, chocolate, beef juice, beef broth, chicken broth, oyster broth, egg-nog, albumin, milk; cream soups (tomato, corn, celery, pea); toast, croutons, pulled bread; bread — graham, wheat, whole wheat, gluten, nut; light des-

serts — cornstarch, gelatine, ices, ice-cream, baked apples; eggs — soft boiled, poached, creamed, custard, omelet; beefsteak, lamb-chops, roast beef, roast lamb, bacon, sweetbreads, scraped beef; chicken — game; baked and broiled whitefish halibut, bass, brook trout, oysters; rice, oatmeal, cream of wheat, rolled oats; potatoes — baked, boiled, creamed, escalloped and stuffed; fruits — stewed and fresh; salads — French salad dressing, cooked salad dressing, mayonnaise.

THIRD YEAR

Milk modification for infants according to different formulæ.

OHIO STATE BOARD REQUIREMENTS

The Ohio State Board in so far as possible are advising the Ohio Schools to adopt the "Standard Curriculum" for Schools of Nursing as recommended by the National League of Nursing Education. (See page (2) of this book).

Minimum Requirements for Theoretical Work

FIRST YEAR

Elementary Dietetics ..... 16 hours

SECOND YEAR

Diet in Disease ..... 16 hours

Minimum Requirements for Practical Work

Diet Kitchen ..... 2 months

OKLAHOMA STATE BOARD REQUIREMENTS

Oklahoma Hospital Training Schools have adopted the Standard Curriculum for Schools of Nursing as recommended by the National League of Nursing Education. For outline note page 2 of this book. Minimum requirements for accredited schools of nursing—as approved by the board of Directors of the American Nurses' Association. For outline see page 17 of this book.

OREGON STATE BOARD REQUIREMENTS

Oregon State Board minimum requirement is thirty-two hours (two hr. periods). Both lectures and practical demonstrations given by registered dietitian.

Preliminary Term

Anatomy and physiology of digestion; principles of nutrition. Food values. Preparing and serving trays, feeding helpless patients.

First Year

Includes both theoretical work and practical application of principles of nutrition and cookery to diet in disease.

Third Year

Modification of milk and infant feeding.

PENNSYLVANIA STATE BOARD REQUIREMENTS

First Year

Elementary Dietetics ..... 24 hours

1 Psychology of food serving. Setting of trays. Principles of serving.

2. Explanation of hospital dietry.

3. Food stuffs; values.

4. Milk; peptonized, pasteurized, sterilizes, boiled, buttermilk; examination of milk-dirt, fat, acid, adulterants.

5. Milk products; butter, cream, cheese, curds and whey, junket.

6. Eggs; tests.

7. Beverages.

8. Starchy foods.

9. Gruels.

10. Cereals; breakfast foods.

11. Cereals as vegetables.

12. Breads.

13. Fruits; fresh and dried.

14. Sugars.

15. Fats and oils.

16. Fish.

17-18. Poultry.

19-20. Meats.

21. Broths, meat extracts.

22-23. Desserts.

24. Special dietaries.

Second Year

Dietetics ..... 8 hours

1-2 Diet in diseases of the digestive system and in surgical conditions of the same with laboratory demonstrations.

3-4. Diet in fevers and communicable diseases with laboratory demonstration.

5-6. Diet in constitutional diseases and in diseases of the urinary system with laboratory demonstration.

7-8. Diet in circulatory disorders; in mental and nervous conditions with laboratory demonstrations.

SOUTH DAKOTA STATE BOARD REQUIREMENTS

FIRST YEAR

Second Half. Elementary Dietetics. 16 hours. Study of foods and their values; principles of cookery; preparation of simple foods.

SECOND YEAR

First Half. Dietetics. 48 hours (2 hour periods).

The application of the principles of nutrition and cookery to diet in disease. Includes: (*a*) Lectures by nurse dietitian; (*b*) demonstrations and laboratory work in hospital diet laboratory by special instructor or hospital dietitian; charting and observation in wards on results of routine and special diets; (*c*) calculation of food requirements and preparation of menus.

Practical Work

SECOND YEAR

Diet Laboratory. 2 months.

Includes: The preparation of special diets under the supervision of the teacher of dietetics, or a competent supervisor.

TEXAS STATE BOARD REQUIREMENTS

PRELIMINARY TERM

Dietetics: Classification of foods, care of foods, cooking of foods, serving of foods.

FIRST YEAR

Tray setting and food serving; feeding of helpless and delirious patients; management of liquid diet.

SECOND YEAR

Milk modification for infants according to different formulæ; also for fever patients and invalids. It is recommended that continued and special attention be given to dietetics, throughout the second year.

THIRD YEAR

Diet kitchen practice, including the modification of milk, one to two months.

UTAH STATE BOARD REQUIREMENTS

The following curriculum has been outlined and approved by the Board of Nurse Examiners for the purpose of standardizing the course of study given by the nurses' training schools in the State.

It is based upon the minimum requirements for accredited schools as approved by the American Nurses' Association and the League of Nursing Education. For outlines note page 2 and 17.

In cases where for some reason the hospital finds that it will be more convenient to rearrange the curriculum, this may be done, but the hospital must submit the rearranged curriculum for the approval of the Board and must be prepared to show that the required number of hours are actually being given.

ARRANGEMENT OF COURSE

FIRST YEAR (FIRST HALF)

Dietetics ..... 8 hours

Includes the preparation of beverages.

SECOND YEAR (FIRST HALF)

Dietetics (2 Hour periods) ..... 32 hours

The application of the principles of nutrition and cookery to diet in disease. Includes (a) lectures by physician or dietitian; (b) demonstrations and laboratory work in hospital diet laboratory by special instructor or hospital dietitian; charting and observation in wards on results of food requirements and preparation of menus.

VERMONT STATE BOARD REQUIREMENTS

Dietetics: Classification of foods, care of foods, cooking of foods, serving of foods.

Digestion: Absorption and assimilation.

Tray-setting and food serving: feeding of helpless and delirious patients; management of liquid diet.

VIRGINIA STATE BOARD REQUIREMENTS

Virginia Hospital Training Schools have adopted the Standard Curriculum for Schools of Nursing as recommended by the National League of Nursing Education. For outline note page 2 of this book.

Schedule of Theoretical Instructions to be given in accredited Schools of Virginia.

FIRST YEAR, SECOND TERM

Dietetics:

Nutrition and Cookery ..... 50 hours

SECOND YEAR, FIRST TERM

Infant Feeding with nursing in Diseases of Children, 28 hours

WASHINGTON SUGGESTED STATE BOARD REQUIREMENTS

Minimum Standards for Teaching Dietetics in Hospitals

The course in Dietetics should be given as early as possible in training. It will simplify the teaching if the course is preceded by at least some work in physiology, anatomy, bacteriology, and household chemistry.

It should be given by some one who has a good scientific knowledge of the subject and who keeps up-to-date. So much research work is being done and so many new discoveries are being made that one must be able to distinguish between authentic and unauthentic sources of information.

Forty hours of class instruction and laboratory practice would be a fair minimum for those who have had those subjects given above which would support and simplify the instruction in Dietetics.

OBJECTS OF COURSE

(As given in Standard Curriculum for Schools of Nursing by the committee on Education of the National League of Nursing Education.)

1. To give pupils a good fundamental understanding of the principles and methods of simple cookery for well and sick people.
2. To make them familiar with the nutritive values of foods and help them to arrange a balanced dietary for well people or convalescents, according to the demands of age, physical activity, climate, etc.
3. To help them understand and administer the ordinary hospital diets and to plan dietaries for special diseases.

TWENTY LESSONS

I. Study the body composition and food composition Classification of foods and their function in the body.
   1. Study of laboratory equipment.
   2. Practice in measuring and weighing food materials.

II. A study of the digestive system and digestive processes.
   1. Effect of heat on food materials.
   2. Temperatures in baking, boiling, stewing, frying, etc.
   3. Care and preservation of foods.

III. Study of general food requirements in health, variations due to age, sex, weight, activity, climate, etc Requirements as effected by illness. Need of special care in preparation of foods for invalids.
   1. A study of fuel values of foods and 100 calorie portions.

IV. Basis for measuring amount of various foods required, as tissue building foods, energy giving foods, and mineral salts.
   1. Cost of foods as compared with nutritive value.

2. Study of meal planning for full diets.

V. Study of foods for the sick.
   1. From point of view of body needs.
   2. " " " " " food preparation.
   3. Practice in tray service.
   4. Practice in table service.

VI. Beverages
   1. Study of various beverages and their place in the diet.
   2. Practice in preparing various beverages. Stimulating, cooling, acid, mineral, etc.

VII. Starches.
   1. Composition and food value
   2. Underlying principles of preparation.
   3. Practice in preparing cereals, gruels, and starchy drinks.

VIII. Vegetables.
   1. Food value and underlying principles in preparing green, root, dried, and canned vegetables.

IX. Fruits.
   1. Food value and underlying principles for serving both cooked and uncooked fruits.

X. Fats and Oils.
   1. Food value—study of vegetable and animal fats.

XI. Milk.
   1. Composition and nutritive value, digestibility, how effected by heat, ways in which it may be disguised, ways in which it may be served raw and pasteurization.
   2. Source, food value and ways of preparing and serving cream, butter, cheese, whey, buttermilk, etc. Composition and use of prepared with foods

XII. Eggs.
   1. Composition, nutritive value, digestibility, how effected by heat, and ways of preparing and serving.
   2. Eggs in combination with other foods.

XIII. Meat and Poultry.
   1. Composition, nutritive value and digestibility. A study of the different cuts.
   2. Effect of temperature.
   3. Use and preparation of meat juices.
   4. Principles of carving.

XIV. Fish and other sea foods.
   1. Composition, nutritive value and digestibility.
   2. Preparation and ways of serving fish dishes.

XV. Gelatines and frozen desserts.

1. Source, composition, nutritive value and value as a food of gelatin dishes.
2. Principles of freezing mixtures.
3. Preparation and ways of serving gelatin dishes and frozen desserts.

XVI. Batters and Doughs.

1. *Bread*: composition, nutritive value and souree and digestibility of various flours and meals. Their use in bread mixtures. Food value and digestibility of various breads. Preparation of simple breads.

XVII. Batters and Doughs (cont.)

1. *Muffins* and *Cake:* Food value and digestibility of various muffins and eake mixtures. Preparation of muffins, sponge eake, plain eake

XVIII, XIX, XX. Special Diets.

1. In diseases of digestive system.
2. In fever.
3. In anemia.
4. In nervous and mental disorders.
5. In nephritis, rheumatism, gout, scurvy, diabetes.

WEST VIRGINIA STATE BOARD REQUIREMENTS

FIRST YEAR

Theory: Leeture 1. Foodstuffs and their classification. 2. Principles of eooking. 3. Beverages. Milk. 4. Serving of food. Combinations of food. 5. Relation of diet and nutrition.

Practieal Work: Practieal demonstrations in diet kitehen on eare of gas range, eleetrie range, eooking utensils and ice box. Preparation of trays. Feeding of helpless patients. Preparation of foods.

SECOND YEAR

Leetures: 1. Carbohydrates; their sourees, food values and preparations. 2. Meats; their food values and methods of preparation. 3. Eggs; their value, tests for freshness, and preparation. 4. Fish, elams, oysters; their food value, and preparation. 5. Special diets in different diseases.

Practieal demonstrations in diet kitehen, preparing and serving the different varieties of food.

THIRD YEAR

Computing eost of foods. Computing food values. Planning menus for people in health and disease.

WISCONSIN STATE BOARD REQUIREMENTS

FIRST YEAR

Probationary Course. Three Months.

Dietetics: Probationary Course. Three Months. Feeding helpless patients. Serving liquid diets under direction. Charting diets.

SECOND TERM JANUARY 3 TO MAY 31

Dietetics.— Twelve classes. Theory, one half hour. Demonstration, one and one-half hours Review physiology of digestion; mechanical and chemical processes; absorption; assimilation, and elimination.

Foods.— Classification, composition, and function.

Food values.

Principles to be observed in the preparation of foods.

Practical Dietetics — Preparation and serving of the following: Coffee, tea, chocolate, cocoa, broths, hot milk, oyster stew, egg-nog, eggs (poached, scrambled, jellied, baked), omelets, custards, toasts, cream sauce, light-desserts (including ice cream), beefsteak, roasts, bacon, sweetbreads, fish, chicken, breakfast foods, vegetables, fruits, and simple salads.

Serving of trays.

WYOMING STATE BOARD REQUIREMENTS

SECOND YEAR, FIRST HALF

Dietetics ..... 32 hours

THIRD YEAR

Diet Kitchen ..... 2 months

STATE BOARD EXAMINATION QUESTIONS IN DIETETICS

ALABAMA

May, 1920

1. What is food? Why is a mixed diet advisable?
2. What food would you advise in the following conditions, and why? Diarrhea, constipation, gastritis, nephritis.
3. Give formula for nutrient enema, and technique of administering.
4. Name four reasons for cooking food, and four ways of cooking food.
5. Name five diseases where special diet is necessary in overcoming the disease.
6. Deserihe the process of making beef tea, beef broth. Which is most nutritious?
7. Name secretions that act on the food in the mouth, stomach, and intestines.
8. Name five food priniples and classify them according to their functions.

October, 1920

1. What is food? Name the five classifications.
2. (a) What would you include in the liquid diet?
   (b) Soft diet?
3. When do you resort to rectal feeding?
4. What foods are preferably given by rectum?
5. Name three diseases in which a special diet is necessary.
6. How often should a normal child three months old be fed during the day?
7. What kinds of food are usually given in constipation? Name several.
8. Outline a diet for a patient with tuberculosis.
9. Why are meats generally restricted in nephritis?
10. What are some of the uses of water to the body?

June, 1921

1. Why is it essential for a nurse to have a practical knowledge of dietetics?

2. Outline a diet of liquids for 24 hours, taking care that the patient has a variety and sufficient nourishing quality.
3. In what foods do we more often find ptomain poison, and how may it be prevented?
4. Outline one day's diet for a child three years old.
5. What foods are withheld in Diphtheria, Diabetes and Gout?
6. What diseases are communicable through the medium of milk?
7. Give diet in habitual constipation
8. What general rules would you observe in feeding children?
9. What constitutes a perfect food? Name one.
10. Through what processes must food undergo before it can be of use to the body?

October, 1921

1. What processes are necessary to make food of use to the body?
2. Mention three points to be considered in making out a menu.
3. What diet would you give to an anemic patient if the matter were left to your discretion?
4. Why should infants not be given starches unless predigested?
5. What vegetables supply about the same elements for the system as meats?
6. Name some foods that have a laxative effect.
7. Name three diseases requiring special diet.
8. Summarize the uses of water in the body.
9. Give your dietetic management of an abdominal section for the first seven days.
10. What is a good diet to give a rheumatic patient?

June, 1922

1. How are foods classified?
2. Name the divisions of organic foods.
3. How do carbohydrates differ in their food values?
4. Name the chief tissue building foods.
5. Name the chief heat and force producing foods.
6. Name the forms of animal foods.
7. What do proteins supply our bodies with?
8. What are vitamines? Where are they found? What is their function?
9. How are they destroyed?
10. Name three diseases requiring special diet.
11. Give an outline of a diet for a diabetic patient.

ARKANSAS

May, 1920

1. At what temperature must milk be kept to prevent bacterial development? Are bacteria present in all milk?
2. Name three diseases where special diet is necessary in overcoming the disease
3. Describe the process of making tea, giving reason for this process.
4. Outline a day's diet for an eighteen months old child.
5. Give method of toasting bread, give object of toasting.
6. Name one food rich in iron.
7. What effect has cold water on the juices in meat? Boiling water?
8. Name five things that could be served at a meal, which would illustrate the five food principles and state to which principle each belongs.
9. How do you prepare barley water?
10. Name three kinds of sugar.

October, 1920

1. Name three foods which contain an abundance of protein.
2. Name two foods which contain large amounts of mineral
3. Outline a day's diet for a child eighteen months old.
4. How is milk pasteurized?
5. Give detailed description of your method of making toast, and what change takes place in the bread?
6. Mention two diseases due to improper diet.
7. Discuss diet in pulmonary tuberculosis
8. Of what importance are vitamines in the diet?
9. In which foods are they abundant?

May, 1921

1. What articles of food are important in a diet for children? Give reasons.
2. What is food? Give classification of food.
3. Describe technique for giving rectal feeding.
4. What do you understand by certified milk, pasteurized milk, sterilized milk?
5. Give three reasons for cooking food.
6. Give method of cooking cereals.
7. Mention three points to be considered in making out a menu.

8. Compare cow's milk with mother's milk as to percentage, composition and digestibility.

October, 1921

1 What are the essentials of an ideal diet?
2. Where does the digestion of protein take place?
3. Give principles for cooking protein food.
4. Tell how the following articles are prepared: Whey, junket, peptonized milk.
5. How is milk pasteurized? What effect does pasteurizing have on milk?
6. What is the cause of Ptomain poisoning? How may it be prevented?
7. Outline the procedure to be followed in the use of the stomach tube
8. Mention at least five points which you consider important for the nurse to remember when serving patients' meals.
9. What part do vitamines play in nutrition?
10. Discuss nutritive value of breads. Name a bread commonly prescribed for diabetes. Why does toasting bread make it more digestible?

May, 1922

1. Give five points to be observed in serving trays.
2. Define calory, vitamines.
3. How do you prepare whey, buttermilk, chicken broth?
4. How do you prepare sweetbreads, steak, boiled custard?
5 Outline a days diet for a patient suffering from obesity.
6. What foods would you consider beneficial for anemic patients?
7. Tell in detail how you would prepare and keep the following formula: whole milk ozs. 24, water ozs. 12, milk sugar ozs. 1½, Six ozs. at a feeding, six feedings.
8. At what temperature should perishable foods be kept during the summer?
9. What are ptomains?
10. Give technic for rectal feeding.

CALIFORNIA

June, 1918

1. What do you understand by nitrogenous foods?
2. What processes are necessary to make food of use to the body?

3. (*a*) What is the relative food value of starches, proteins, and fats? (*b*) How is the fuel value of foods expressed? (*c*) How many calories should the following yield to the body: 1 gram of fat; 1 gram of protein; 1 gram of carbohydrates?
4. (*a*) What is the effect of cooking upon vegetables? (*b*) What is the proper way to cook rice?
5. Give four points to be considered in the preparation of an invalid's tray.
6. (*a*) When must fat be withheld from a diet, and why? (*b*) What are the chief uses of salts in the body?
7. Outline one day's diet for a tubercular patient confined to bed.
8. (*a*) Define: digestion; absorption; assimilation (*b*) Follow the digestion of a glass of milk.
9. (*a*) What food principle predominates in nuts? (*b*) Give the theory of cooking starches.

October, 1918

1 Name the food principles and give an example of each.
2. Which food principle is essential for tissue building?
3. Define a calorie. What is the average number of calories necessary for an adult?
4. Briefly outline the course in dietetics which you have had.
5. When is a salt free diet used? Why?
6. To what class of foods do starches belong? Where are they digested and by what?
7. What is the great digester of fats? When should fats be withheld from the diet?
8. Why is water necessary? How much should be taken daily?
9. Explain the difference in the action of pepsin and rennin in the stomach
10. Why is iron necessary in the diet? What foods supply it?
11. Name ten foods, the chief element of which is classed as a carbohydrate.
12. Mention important foods to use in the treatment of anemia and give reasons

February, 1919

1. Name five chief tissue building foods and five chief heat and force producing foods
2. What should be the diet of a patient suffering from chronic constipation?
3. What value has water in any diet? Where is water chiefly absorbed?

4. Outline a diet for one day excluding starch as much as possible.
5. Name two foods under the following classifications: Nitrogenous, non-nitrogenous, rich in minerals.
6. Which has the higher nutritive value, fish or meat? Give your methods of cooking a steak.
7. What diet would you give an anemic patient if the diet were left to your discretion?
8. What is a calorie? How many calories does a man of average weight, doing moderately hard work. require per day?
9. Give five conditions that may influence the digestibility of food.
10 What conditions should be considered in deciding the amount of food required?
11. What is the value of fruit and fruit juices in a dietary?
12. Give five examples of foods classified under liquid diet; soft diet.

October, 1919.

1. What are the fundamental food principles?
2. What do you understand by the term "food value"?
3. In the cooking of what food is the principle of hydrolysis applied?
4. Trace the digestion of starch throughout the alimentary canal.
5 What substances should be eliminated from the diet in nephritis? Why?
6. What are the functions of water in the body?
7. Give a suitable diet for one meal for a diabetic patient. Why did you select these foods?
8. At about what temperature should eggs be cooked? Why?
9. How would you prepare beef juice? What cuts are best for this purpose? What is its nutritive value—calories per oz?
10. Outline a day's menu for a bed patient with tuberculosis
11. What principle article of food would you eliminate in jaundice? Why?
12. How would you prepare an egg omelet?
13. How would you prepare whey?
14 Describe three ways of cooking eggs suitable for a patient on soft diet.
15. Why do you cook food? Give general rules for cooking meat.

COLORADO

1920—A

1. What general rules should be observed in feeding of children? Name at least five.
2. How would you sterilize milk?
3. Why is thorough cooking especially important in cereal foods and not in flesh foods?
4. (*a*) How would you prepare tea? (*b*) Egg-nog.
5. What can you say of the food value of fish and mention four methods of cooking the same.
6. Mention three points to consider in making out a menu.
7. (*a*) Is it advisable to serve cocoa frequently to invalids? (*b*) Give reasons for your reply.
8. What articles do you understand to be included in light diet? Name ten
9. What articles of food are especially to be avoided in nephrites?
10. What disease is usually given a carbohydrate free diet?

1920—B

1. Give uses in the body of the following:—(*a*) Proteins; (*b*) Carbohydrates; (*c*) Fats; (*d*) Mineral Matter; (*e*) Water.
2. (*a*) Name two diseases requiring special diet. (*b*) Describe briefly the diet in each case
3. Name four points requiring special attention in the serving of an invalid's tray.
4. Define: (*a*) Metabolism; (*b*) Lactose.
5. (*a*) What articles of food should be avoided in the feeding of a typhoid fever patient? (*b*) Give reasons for this.
6. (*a*) How should meat be prepared in order to retain its juices? (*b*) To extract juices?
7. Give method of preparing sweetbreads for a patient
8. (*a*) How would you prepare a cup of tea? (*b*) Cup of cocoa?
9. Give preparation of:—(a) Raw beef sandwich; (b) Barley water.
10. What articles of food would you give a child two years of age who had Rachitis?

1921—A

1. Name the chief uses of food.
2. What food group yields the most heat?
3. Name three reasons why it is desirable to cook foods.

4. Show why a mixed diet is advisable.
5. What is lactose and where found?
6. Show why thorough cooking of starchy foods is very important.
7. Compare skimmed milk and buttermilk with whole milk as to food value.
8. (*a*) Describe the proper method of broiling a beef steak. (*b*) What cuts of meat make the best soup and why?
9. What useful function is performed by the indigestible part of vegetables?
10. What care should be given to refrigerators, cup-boards and where food is kept?

1921—B

1. Define foods. What constitutes a perfect food?
2. (*a*) Why are eggs a valuable food for young children? (*b*) For anemic people?
3. Why is dextrin-maltose sometimes used in an infant's feeding?
4. What is meant by certified milk?
5. What vegetables contain little or no starch, and give reason why they are essential to health?
6. Give your method of preparing chicken broth. Milk toast.
7. How do you make a cup of tea? Malted milk?
8. Name some foods that should not be given to a patient with acute nephritis
9. Plan one meal for a patient on a gastro-intestinal diet.
10. Why should a fever patient receive a high caloric diet?

January, 1922.

1. Name three important points to be considered in planning a well-balanced diet.
2. Classify foods according to their alimentary principles.
3. What result would you expect from overeating?
4. Name five conditions which influence digestibility and assimilation of food.
5. Name two important rules to be observed in regulating the diet.
6. How may a nurse promote the comfort of a weak convalescent patient while taking his food?
7. Prepare a day's menu for a patient, excluding starchy foods as far as possible, while giving a variety.
8. How would you boil a piece of beef if you wished to prepare the meat as a food?
9. What care should be given to eggs?
10. What is meant by the term modified milk?

May, 1922

1. (*a*) Define digestion. (*b*) Where does it take place?
2. Name five things that could be served at a meal, which would illustrate the five food principles, and state to which principle each belongs.
3. Name five diseases in which the diet forms an important part of the treatment, and in which errors in diet may have serious consequences.
4. Why is diet so important in turberculosis?
5. In what cases would you give only vegetables growing above the ground?
6. (*a*) What is the difference between green and black tea? (*b*) Which retards digestion the least? (*c*) Why?
7. (*a*) How are meats cooked to retain the juices? (*b*) To extract the juices?
8. State how you would prepare barley water, oatmeal gruel, albumin water?
9. How are broths made? Mention two ways of removing fats from soups.
10. State three essentials to success in the serving of food to the sick.

CONNECTICUT

January, 1920

1. What factors determine the food requirement in health, or disease?
2. Describe the digestion process of a slice of bread
3. Why is milk so valuable in the diet?
4. Give the chief difference between mother's milk and cow's milk.
5. Make a dietary for constipation.
6. What foods should be avoided if there is flatulency?
7. What diseases may result from the following improperly balanced diet; insufficient food, over-feeding and lack of fresh vegetables?
8. What would be lacking in the diet to cause the disease rickets and malformation of bone? Anemia and Scurvy?
9. Give brief outline of your course in Dietetics in both theory and practice.
10. Has a nurse any duties in a home other than the care of her patient?
11. Describe the hygiene of a sick room.
12. Mention the natural and artificial methods of purifying water.

June, 1920

1. Mention three points to consider in making out a menu.
2. What vegetables supply about the same elements for the systems as meats?
3. What are nitrogenous foods and what is their function?
4. Why is the continued use of predigested foods not advisable?
5 Give five ways of serving milk.
6. What is the relative value of skimmed and unskimmed milk?
7. Mention several articles of food in which iron is available.
8. How would you make a raw beef sandwich?
9 Give your method of baking an apple.
10. Describe diet to be used in a case of dilitation of the stomach.
11. How would you disinfect drain pipes or foul plumbing?
12. Give the common sources of contamination of drinking water.

January, 1921

1 Name the common classifications of food.
2. Explain the processes that take place in the digestion of proteins, carbohydrates and fats
3. Outline a diet to be used in treatment of anemia
4. (*a*) What is meant by modification of milk? (*b*) How much milk would you give, and how often would you feed a baby? (1). One week old.
   (2) Between two and three months old?
5. Mention several diseases due to poorly balanced diet?
6. What class of foods is usually used in treatment of: (a) Constipation. (b) Diarrhea.
7. What are some of the more common causes of indigestion?
8. What is the value of gelatin in the diet?
9. What kind of food would you give to a patient with a temperature of 100 degrees and why?
10. Outline briefly methods of procedure in nursing a contagious case in a private home.
11. What should a child be taught in order to prevent his contracting and spreading infectious diseases?

June, 1921

1. Define food
2. Name different classes into which food is divided.
3. Outline a diet for a nursing mother.
4. Name ten articles you would include in (*a*) a liquid diet (*b*) a light diet.
5. State fully your advice to a mother as to a diet for a child six to eight years old suffering from defective nutrition

6. What are the uses of fruit in a diet?
7. Define (*a*) metabolism (*b*) calorie (c) absorption (*d*) elimination.
8. Discuss briefly the dietetic treatment in any ONE of the following diseases: "Nephritis, Diabetes, Tuberculosis, Anemia, Rheumatism, Gastric Ulcer.
9. What physical and mental conditions decrease the secretion of the digestive juices?
10. What are the active principles of tea and coffee?
11. What are the usual sources of water supply in the country? How may they be contaminated?
12. Outline the daily care of an ice box.

September, 1921

1. Define food. What constitutes a perfect food?
2. What is lactose? Where found?
3. Are vitamines necessary to health? Name two sources where they are available.
4. Define metabolism—calorie—absorption—elimination.
5. What is cellulose? What value has it in a diet?
6. What physical and mental conditions affect digestion?
7. State some of the functions of water in the body. In what class of diseases is it especially valuable?
8. Discuss briefly the dietetic treatment in anyone of the following diseases: Nephritis, Diabetis, Tuberculosis, Anemia, Rheumatism, Gastric Ulcer.
9. How would you remove the protein portion of milk?
10. How would you make a raw beef sandwich? How would you make beef juice, how best serve it?
11. How would you ventilate a patient's room?
12. How would you care for excreta from a typhoid patient, assuming that there was no sewer available?

January, 1922

1. Classify food according to—(*a*) source (*b*) composition. (*c*) function.
2. Mention some forms of vegetable protein.
3. Name foods that are classed as fats? What is the function of fats as food?
4. What special points are to be observed in care of milk to be used in infant feeding.
5. What indication would assure you that a baby was receiving a proper diet.

6. What are food needs of youth? of the aged?
7. Describe the method of cooking eggs which you believe would be best for a patient just beginning to have a food other than liquid.
8. Give methods for preparing (*a*) barley water (*b*) oatmeal gruel.
9. What is gluten flour? In what disease is its use commonly indicated
10. How would you care for bed linen of a scarlet fever patient?
11. What is meant by the term Hygiene; Prophylaxis.
12. What is meant by food adulteration?

June, 1922

1. Name the five food principles and function of each.
2. Name four foods containing large amount of starch, four high in protein, and two rich in fats.
3 (*a*) Why is mineral matter important in the diet? (*b*) Name four foods valuable for mineral content and one mineral found in each.
4 What do you understand by the energy value of food? How is it measured?
5. Briefly describe one of the following diets; (*a*) "Sippy" diet. (*b*) "Coleman" diet. (*c*) "Allen" diet.
6. (*a*) What are the essential features of diet in chronic nephritis? (*b*) Write a typical menu for one day.
7. (*a*) Name five ways in which milk can be used in the diet other than as a drink. (*b*) Tell how to prepare one of the above.
8. (*a*) What is the value of broth of boullion in the diet? (*b*) How may broth be made more nourishing?
9 Discuss the relation of food habits to constipation.
10. Describe in detail the care of a refrigerator.

DELAWARE

1920—1921

1. Classify food according to chemical composition and give example of each.
2 Describe a perfect food. Give an example of a perfect food for an infant and how often should it be nourished?
3. What is the food value of sweet chocolate, telling what food principles it supplies and their uses to the body?
4. Name articles of diet useful in a case of chronic constipation and other instructions to such a patient for controlling this condition.

5. How would you make and serve a cup of tea?
6. If told to give liquid diet to a patient, name articles of diet you would use and in the absence of orders, amount of each given and how often.

June, 1922

1. Name the five fundamental food principles and give an example of each
2. Name articles of food which should be included in the diet of an habitually constipated person and state other suggestions which would help to cure constipation.
3. Name different articles of food which could be included in liquid diet for an adult, and state amount of each to be used at each nourishment and how often given, unless otherwise ordered
4. Describe your method of setting a tray for a bed patient and give special points to be observed in feeding the sick or convalescent.
5. How do you pasteurize milk?

DISTRICT OF COLUMBIA

May, 1919

1. (*a*) How should meat be cooked in order to retain its juices? (*b*) How cooked to extract the juices?
2. (*a*) What are the functions of nitrogenous foods in the body? (*b*) Name several.
3. Give the theory of cooking starches and tell where and by what they are digested.
4. Name several kinds of foods with high *caloric* value.
5. To what classes do the following foods belong: (*a*) potatoes; (*b*) beef; (*c*) eggs; (*d*) butter; (*e*) lettuce

November, 1919

1. (*a*) Name several substitutes for meat. (*b*) What foods of vegetable source are rich in nitrogen?
2. Name four secretions that aid digestion and state where each comes in contact with the food.
3. What change is made in bread by toasting?
4. How would you cook a white potato to render it most easily digested? State reason.
5. (*a*) What class of food is necessary to maintain life? (*b*) State their use in the body
6. (*a*) What is meant by food value? (*b*) Give the food value of proteins, fats and carbohydrates.

7. (*a*) What would you include under the head of liquid diet? (*b*) Soft diet? (*c*) Light diet?
8. (*a*) State briefly what is meant by digestion. (*b*) Absorption and assimilation of food.
9. (*a*) Give list of food that may be given a Diabetic patient. (*b*) Name several foods especially forbidden.
10. (*a*) What is a calorie? (*b*) Give calorie value of 1 gramme of fat.

May, 1921.

1. Name three vegetable purgatives and give dose of each.
2. State briefly how to broil a steak.
3. If you wish to keep juice in meat, how would you cook it?
4 In what disease do we exclude the carbohydrates?
5. Name three foods that have laxative value.
6. What is the chief dietetic cause of scurvy?

November, 1921

1. What functions do nitrogenous foods perform in the body?
2. Name five points to be observed in serving food to the sick.
3. (*a*) How would you prepare, bake and serve a potato? (*b*) Which is more nutritious and more easily digested, a baked or a boiled potato?
4. How would you poach and serve an egg?
5. What effect does toasting have on bread?

May, 1922

1. What functions do nitrogenous foods perform in the body?
2. In gastritis what foods are generally forbidden?
3. State in detail the preparation of egg albumin
4. During an acute attack of nephritis, what is the principal diet of a patient?
5. How would you instruct a patient as to her diet during pregnancy?

FLORIDA

May, 1919

1. Does your hospital employ a trained dietitian?
2. Define dietetics.
3. What would you include under the head of: (*a*) liquid diet? (*b*) soft diet? (*c*) light diet?
4. How is the fuel value of food expressed?
5. Define the terms protein., albuminoids, gelatinoids, protein, extractives, dextrin, lactose.

6. What is the object of cooking food?
7. What constitutes a well served tray?
8. Give one day's light menu for a hungry convalescent from typhoid or any long illness.
9. What process must food undergo before it can be used by the body?
10. How would you prepare a coddled egg? Creamed sweetbreads? Tomato bisque soup? What points would you observe?
11. What is a calorie?
12. How should suspicious water be treated?
13. How would you make beef juice?
14. How would you prepare and serve fish to a convalescent?
15. How would you recognize a fresh egg? Juicy, tender beef? Fish not long out of water?

June, 1920

1. What are the functions of food?
2. What foodstuffs yield energy in the body?
3. What can you say of fuel value of butter substitutes and safety in using them?
4. Tell what you know of vitamines
5. Give three sources of fat soluble vitamines, three sources of water soluble vitamines, three sources of antiscorbutic vitamines.
6. What does the term nutrition include?
7. Why are green vegetables an important part of the dietary?
8. What are the food requirements of growing children?
9. Discuss high calory feeding in typhoid.
10. Why are meats withheld from young children?
11. How do you make a flour ball?
12. Give method of preparing beef juice.
13. What need does potato water supply in the young child?
14. Give a list of foods which should be served to overcome constipation.
15. Give important points in setting and serving trays.

June, 1921

1. Classify foods according to function, source and chemical composition.
2. In what forms is sugar used for infants on artificial food?
3. What change takes place in a piece of properly toasted bread?
4. In what disease is the starvation treatment instituted? What is Dr. Joslin's preparatory treatment?
5. Why should cereals be cooked a long time? Why should eggs be cooked at a low temperature?

June, 1922

1. What are the chief functions of food?
2. What part do vitamines play in our dietary?
3. Name three cheap forms of fat and their use as food.
4. What is meant by mixed diet? Illustrate.
5. Outline general diet for child aged three.

GEORGIA

September, 1919

1. (*a*) What do you understand by food? (*b*) Why is the problem of nourishing the body of especial importance in sickness?
2. What is the process of digestion, and where does the greatest absorption take place?
3. (*a*) What are the conditions disturbing digestion, and what are the effects of different mental states upon digestion? (*b*) Give examples by which a knowledge of these effects may be utilized in feeding patients.
4. What do you understand by a mixed diet?
5. In order to keep the juices in meats, how should they be cooked?
6. (*a*) Give what you think is a good diet in chronic constipation. (*b*) Why is constipation a common ailment among patients confined to bed, and what attempts should be made to overcome it by the diet?
7. Give your dietetic management of an abdominal section for the first seven days.
8. Name two vegetables that contain a large proportion of carbohydrates.

1920

1. (*a*) Explain what is meant by assimilation of food substances. (*b*) What conditions would you consider essential to success in food serving?
2. What special foods are used in the treatment of anæmia?
3. Why are fluids given in most fevers?
4. What kinds of food would you give in cases of diarrhœa? Constipation?
5. How would you feed a typhoid patient the first week he is allowed solid food?
6. What do you mean by malnutrition and what special food is necessary to help overcome it?
7. Name three forms of animal food.
8. How does the excessive use of eggs cause billiousness?

1921

1 (*a*) Give the chief benefits derived by taking food into the body? (*b*) Define absorption, assimilation, elimination.
2. What is a mixed diet, and why is a mixed diet necessary to health?
3. What do you understand as a perfect food and why? (*b*) Name some foods that are substitutes for meats.
4. What class of vegetables are rich in proteins? (*b*) What are the chief ingredients of fruits?
5. If you wished to keep the juice in meat, how would you cook it? (*b*) How would you prepare beef juice?
6. Name three diseases requiring special diet, and outline menu for one meal for each case.
7. How would you prepare chicken broth? Cream toast?
8 What are vitamines? What are their chief sources and their functions in the body?

April, 1922

1. Classify food principles and give their use in the body.
2. How would you increase the digestibility of starchy foods?
3. How are food values generally measured? Define the unit of measurement?
4. Does the body utilize the food as it is eaten? Why?
5. What changes take place in food exposed to various digestive fluids in the mouth, the stomach and the intestines?
6. Name three diseases in which improper food and bad hygiene may be responsible.
7. (*a*) Outline the dietetic treatment of pellagra (*b*) State reasons for such diet. (*c*) Outline dietetic treatment for obesity. (*d*) Give reasons for avoidance of certain food stuffs in obese patients.
8. State the cause of emaciation and outline methods of combating it.

IDAHO

June, 1921

1. What cuts of beef would you select for the following purposes: beef tea, roast beef, a tender steak?
2. Define food and give its classification according to source, chemical composition and functions
3. Define a calorie. Give the fuel value of the various classes of food.
4. Give the function of each organ of alimentation and name the

secretion, reaction to litmus, enzyme present, foods acted upon and products of enzyme action of three of these organs.
5. Give a liberal menu for a nephritic patient, also the foods to be avoided.
6. What useful function is performed by the indigestible part of vegetables?
7. Give the process of absorption into the blood supply of protein, fat and carbohydrates.
8. What knowledge is required to prepare food for the sick?
9. Give the diet for five diseases affecting the alimentary tract.
10. Give the technique for rectal feeding and composition of a nutrient enema

June, 1922

1. Name three vegetable acids
2. Give general rules for making custards.
3. What are the diet requirements in anæmia?
4. Mention factors apart from proper diet that affect the digestion.
5. What vegetables supply about the same elements for the system as meats?
6. Outline diet system for diabetic patient for first three weeks of treatment.
7. What are sweetbreads and how would you prepare and serve them?
8. Why is thoro cooking important in cereal foods and not in flesh foods?
9. What is a farinaceous diet?
10. Give capacity of baby's stomach at birth; at one month; at two months.

ILLINOIS

February, 1920

1. What foods would you give a child who needed more mineral matter?
2. Which foods are more often the cause of ptomain poisoning?
3 Describe the alterations that should be made in the diet of a normal healthy adult during hot weather.
4. Name two complete food products furnished by the animal kingdom.
5. What are cereals, and name at least five in common use.
6. Name three vegetables which contain little or no starch. Name three vegetables which contain a large amount of starch.

7. Select cuts of meat for the following purposes: Beef tea, roast beef, tender steak
8. When and why is a salt free diet frequently ordered?
9. In what conditions is fat a valuable article of diet?
10. Name two ways of serving soup. Of what value is it in the diet?

May, 1920

1. Why are foods cooked?
2. Which is the more nutritious and digestible a baked or a boiled potato?
3. What precaution would you take in the use of water when the supply is impure?
4. Name five ways in which food supplies the wants of the body.
5. What special foods are used in anemia?
6. At what age is a healthy child able to digest starches?
7. Why is a mixed diet advisable?
8. Why is sugar to be avoided in typhoid?
9. Name five diseases when special diet is necessary in overcoming diseases, give example of each.
10. Name two animal and two vegetable foods which contain fat.

March, 1921

1. Describe water and give the composition What is the function of water in the body.
2. (*a*) What per cent of the normal weight of man is fat? (*b*) From which foods is the body fat derived? (*c*) Explain why hot fats are more indigestible than cold fats.
3. (*a*) What is digestive juice? Name three. (*b*) What is ferment? Name three.
4. (*a*) What effect has cooking on meat? (*b*) What method of cooking meat is the preferred method when serving to the sick and convalescent?
5. Name five nutritious, easily digested desserts.
6. (*a*) What is cheese? (b) How is it obtained? (*c*) What is the food value?
7. What National Law protects the public from food adulteration?
8. In planning your meals for the day and you mean to have a heavy meal at 6 P. M what kind of a breakfast and what kind of a lunch will you serve?
9. (*a*) What is buttermilk? (*b*) What value has it in the diet in health or disease?
10. (*a*) Describe bile. (*b*) Tell where it comes from giving its part in digestion (*c*) What other properties, beside digestive, does it have?

May, 1921

1. Name five stimulating beverages in daily use in hospitals excluding alcoholic beverages
2. Name five articles of food you would give to a patient for whom soft diet was ordered.
3. What is lactose and where is it found?
4. Name three foods rich in albumin in the order of their importance.
5. (*a*) What food principles predominate in nuts? (*b*) Has candy any value as a food? If so, what?
6. By what signs do you know a fresh egg, good beef, and fresh fish?
7. Give two scientific reasons why you should not drink water, tea or coffee when you have food in your mouth.
8. Name two diseases wherein fatty foods are valuable in the diet.
9. Select cuts of meat for the following: Beef tea; roast beef; tender steak.
10. (*a*) Which of the five food principles is lacking in eggs; (*b*) What mineral in eggs makes them unfit for persons of weak digestion in many instances?

April, 1922

1. Classify foods:—(*a*) according to sources; (*b*) according to chemical composition; (*c*) according to function
2. (*a*) What is meant by Modified Milk? (*b*) What is meant by Pasteurized Milk? (*c*) What is meant by Certified Milk?
3. Define:—(a) Calories (b) Metabolism. (c) Lactose. (d) Dextrose. (*e*) Cellulose.
4. What are the essential points in cooking foods containing starch? Where are starches digested?
5. Mention some points to be remembered to make a tray attractive to a patient. What foods should be avoided whenever dietetic treatment is necessary?
6. What should be the nature of food used when it is important to give all the nourishment possible and the patient's appetite is poor?
7. What is Ptomain Poisoning? In what foods is it most likely to be found?
8. Outline the process of digestion from the taking of food to its assimilation or its rejection as waste.
9. Of what use are salads as food?
10. What are the mechanical processes of digestion?

June, 1922

1. (*a*) Name the five food principles (*b*) Give the function of each. (*c*) Give specific examples of each
2. What are the objects of cooking vegetables?
3. Give several reasons why vegetables and fruits are valuable in the diet.
4. Give method of preparing beef extract from raw beef.
5. What do you understand by a perfect food? What product in nature is provided solely for food?
6. Where are the following found: Ptalin, Trypsin, Pepsin, Lipase, Amylopsin, Remsin. What do they do?
7. Make out a lunch for a convalescent and calculate the caloric value.
8. Give a list of fruits to be recommended for laxative.
9. Give a rule for making tea. What is the injurious element in it?
10. Mention three points to consider in making out a menu.

INDIANA

May, 1920

1. (*a*) What is the most serious objection to giving a bottle-fed infant sterilized milk? (*b*) What is your care of pasteurized milk after it has been removed from the fire? Give reasons.
2. What foods are restrictive in chronic nephritis? Give two reasons.
3. Give three reasons why peas and beans are valuable in health and why unsuited for use in intestinal disturbances.
4. What do you understand by the use calorie?
5. Give the names of the enzymes in the various digestive juices and their action on food substances.
6. What should be the diet of a tuberculous patient in the incipient stage?
7. What practical work have you had in dietetics? Name text book used.
8. At what temperature must milk be kept to prevent bacteria from growing? Are bacteria present in all milk?
9. Which contains the most nourishment, an egg, or a glass of milk? Why?
10. Define cellulose, gluten, dextrose, casein, saccharin.

November, 1920

1. What are vitamines? How many of these substances are there?
2. Does the animal body manufacture vitamines?

3. Define food accessories and adjuncts.
4. Define food. What are its chief functions?
5. What training have you had in dietetics and what text book did you use?
6. What are the relative requirements of food for the following: A tall thin person, a short fat person of equal weight?
7. Does a physician consider carefully the diet of his patients, and should he leave written orders for same? Why?
8. Name foods containing calcium, phosphorus, iron.
9. Name the functions of proteins.
10. What is the composition and properties of water? What is its chemical formula?

May, 1921

1. "A perfect food must contain all the nutritive elements of the body." Name them, and why is a mixed diet necessary?
2. Define dietetics.
3. What is metabolism? How many phases does it comprise?
4. What are the five ways in which food supplies body wants?
5. Discuss "forced feeding"? Is the nurse required to use this method?
6. How would you feed a tuberculous patient, and state your reasons?
7. Fruits may be classified into two groups: discuss them.
8. What do you know about vitamines?
9. What is pasteurized milk: sterilized milk?
10. What training have you had in dietetics and what text-book used?

November, 1921

1. Define Dietetics
2. How are foods classified according to their chemical composition?
3. Give the definition of food.
4. Give some general rules for feeding the sick.
5. Give a list of foods to be recommended for laxative effect.
6. If you wish to keep the juice in meat, how would you cook it?
7. Why are some of the vegetables containing little or no starch so essential to health, and name some of them?
8. How would you make beef tea?
9. What disease may be communicated to man through milk?
10. What has been your practical and theoretical training in Dietetics?

May, 1922

1. What processes are necessary to make food of use to the body?
2. What are carbohydrates?
3. Does age, weight, size, season and climate, and mechanical efficiency have to do with the amount of food required? Discuss.
4. What is the importance of vitamines?
5. Why is dietetics of so much importance in the present-day education of the nurse?
6 What produces anemia and rickets from a dietetic view-point?
7. Name the digestive fluids and tell where each is secreted.
8. What conditions must exist for a proper and complete digestion?
9. Why do we have several methods of feeding? Name them.
10. What has been your practical work in dietetics and name the text-books used.

IOWA

January, 1920

1. Name four distinct processes involved in the nutrition of the body.
2 Name two animal and two vegetable foods which contain fats.
3. (*a*) Name three nitrogenous food substances. (*b*) At what age should they be given most freely?
4. Name five conditions which affect the digestibility and assimilation of food.
5. What do you understand by "protective foods"?

January, 1921

1. (*a*) Define food. (*b*) What constitutes a perfect food?
2. Give a meal for each of the following diseases: (*a*) Diabetes, (*b*) Tuberculosis, (*c*) Bright's Disease, (*d*) Anæmia.
3. Why are coarse foods containing little nourishment essential in the diet?
4. Name five points to be observed in serving a tray.
5. What do you understand by (*a*) Pasteurized milk, (*b*) Certified milk, (*c*) Modified milk?
6. What factors contribute to the high infant mortality rate in summer?
7. What is the first indication of digestive disturbance in an infant? (Name only one.)
8. Outline the diet of a child having scarlet fever.

July, 1921

1. What is a calorie? What is the number required per day for a person doing light work?

2. Of what benefit is the cooking of food?
3. Outline a breakfast, dinner and supper for a patient suffering from chronic constipation.
4. Why is diet important in treating tuberculosis?
5. State the food value of green vegetables.
6. Give reasons for urging the breast feeding of infants.
7. Give a formula for modified milk for an infant six months of age.
8. What indications would assure you that a baby was receiving a proper diet?

October, 1921

1. (*a*) What is a calorie? (*b*) How many calories per day are necessary for a person doing light work?
2. Name three reasons why it is desirable to cook foods.
3. What useful function is performed by the undigestible part of vegetables?
4. Mention foods that are substitutes for meat.
5. (*a*) Why is water so necessary to the system. Give five reasons. (*b*) How much water should be taken in twenty-four hours?
6 Define—(*a*) certified, (*b*) pasteurized, (*c*) sterilized milk.
7. What points would you emphasize in instructing a mother in the preparation of artificial food?

January, 1922

1. (*a*) What is a calorie? (*b*) How many calories per day are required by a man doing light work?
2. Name three diseases which depend largely upon diet for their treatment and cure.
3. What disease may result from (*a*) Lack of fresh vegetables and fruits. (b) An excess of proteins.
4. (*a*) What is pasteurized milk? (*b*) Certified milk?
5. Give reasons for pasteurizing milk. Are there any objections to the pasteurizing of milk?
6. What should be the diet of a child during the febrile stage of a disease?
7. Give a formula for modified milk for an infant six months of age.

April, 1922

1. (*a*) What is a caloric? (*b*) How many calories per day are required by a man doing light work?
2. Why does diet play an important part in the treatment of tuberculosis?

3. Give three reasons for cooking foods.
4. What would be the probable result in an adult of an exclusive protein diet for the period of one year?
5. (*a*) What is pasteurized milk? (*b*) Certified milk?

KANSAS

May, 1919

1. Define dietetics.
2. What is important in cooking starchy foods?
3. Give four reasons for cooking foods.
4. Name the proper method for cooking potatoes, and state the reason.
5. Give soft diet for convalescing typhoid patient.
6. What causes milk to sour?
7. What changes take place in toasting bread?
8. Name three diseases requiring special diet.
9. Name the uses of water in the body
10. Why are green vegetables an important article of diet?

December, 1921

1. What is the effect on the body of a diet lacking in vitamines? What kind of a diet is necessary in order that a patient may get a sufficient quantity of these substances?
2. Discuss the selection of food for invalid dietary; that is, milk, vegetables, meats, fish and eggs.
3. Give important points in arranging and serving a tray.
4. Describe the technique of:—Gavage, Rectal Feeding, Feeding by Inunction.
5. Discuss punctuality of feeding.
6. How would you measure a cupful of flour, a spoonful of soda, a half spoonful of mustard, a cup of butter?
7. What active principles do chocolate and cocoa contain? What is the difference between them?
8. Describe the process of preparing thrice cooked vegetables.
9. What can you add to broth to increase its nutritive value?
10. Give methods of varying a plain custard.

May, 1922

1. Define food stuffs, and give the three classifications of them.
2. Give the most important sources of food stuffs.
3. What can you say of buttermilk as used in the invalid dietary?
4. Give one point to be observed in the selection of each of the

following classes of foods: Dairy products, vegetables, meats, chicken or turkey, fish.
5. Give tests for the following adulterants: (*a*) Boric acid or borax; (*b*) formaldehyde.
6. Tell the method of preparing food in the following manner: (*a*) by boiling; (*b*) by simmering; (*c*) by steaming; (*d*) by baking; (*e*) by roasting; (*f*) by broiling; (*g*) by frying; (*h*) by sautéing.
7. Describe salivary digestion and gastric digestion.
8. Describe in detail, including foods used, how to give gavage.
9. Outline diet for a patient suffering from chronic gastritis.
10. Describe an ideal tray for a convalescent patient.

KENTUCKY

May, 1920

1. Give the purpose of food in the body?
2. What is the purpose of mineral salts in the body? Name the principal salts found in the body.
3. What class of foods are tissue builders? What foods produce heat and energy?
4. If you were told to cut out nitrogenous food what food would you deny your patient?
5. What is the purpose of water in the body?
6. Give your definition for boiling, stewing, steaming, roasting, broiling?
7. How would you cook potatoes to have them most easily digested? What kind of foods should be cooked in a double boiler?
8. What is the composition of pure water? What is the boiling point of water? Freezing?
9. What natural food contains all the elements necessary for the growth of the body?
10. Give 5 points a nurse should always bear in mind when feeding a patient.

November, 1920

1. (*a*) What are the chief functions of food? (*b*) Name some of the classification of food.
2. What are Carbohydrates?
3. What do we mean by Caloric value?
4. How would you arrange an invalid's tray?
5. Give the menu for an adult Diabetic patient for 1 day.
6. What are the three grinders of the human body and why is it essential to chew your food well?

7. Define dietetics.
8. Define a liquid diet and a soft diet.
9. How would you make a cup of tea and a cup of coffee?
10. How would you broil steak and why is it most digestible?

May, 1921

1. Name the divisions of organic food. How do carbohydrates and fats differ in their food values?
2. (*a*) Name the principal source of fat in diet. (*b*) Which cut of beef is best for beef tea?
3. What are the chief ingredients in fruits? What food group yields the most heat?
4. What are the points to be observed in cooking? (*a*) meats? (*b*) Cereals?
5. (*a*) Why do some cereals require so long cooking? (*b*) Name three.
6. How should beef, chicken and fish appear when in a healthy condition?
7. How should you roast a piece of beef?
8. Give some general rules for preparing meats
9. (*a*) Give a typical light diet (*b*) soft diet (*c*) full diet.
10. Describe the diet of a patient with scarlet fever. What food product is omitted at what stages, and why?

November, 1921

1. Name the different classes into which food may be divided
2. Give a general outline of diet for a typhoid fever patient.
3. Give list of fruits to be recommended for laxative effect.
4. How would you make a raw beef sandwich?
5. Briefly outline a diet for diabetes.
6. How do you prepare an egg omelet, coffee, cocoa, tea?
7. What general rule should be observed in the care and cooking of cereals?
8. Give points to be observed in setting an invalid's tray.
9. Give one good nutritive enema
10. State briefly what theoretical and practical instruction you have had in Dietetics.

May, 1922

1. Define Dietetics. What is meant by Pure Food Law?
2. Name three diseases requiring special diet, give proper menu, one meal each.
3. What do you understand by a perfect food? Give example.
4. If you wish to keep juice in meat, how would you cook it?

5. If you were told to give patient diet rich in proteins, mention other food than meat you would give.
6. What is meant by Certified, Pasteurized, Modified, Sterilized milk?
7. Give general rule for diet of sedentary person
8. Write a bill of fare for one day to be served at Nurses' table in hospital.
9. Tell how to prepare Beef Juice, Cocoa, Raw Beef Sandwich, and Boiled Custard.
10. What is the value of fruit and vegetables as food?

LOUISIANA

June, 1920

1. What foods should be avoided by one who is excessively stout?
2. What foods should be helpful to one who is under normal weight?
3. What effect, if any, does worry or anger have upon the digestion of foods?
4. Define Carbohydrate.
5. Define Calorie.
6. Foods having a large amount of residue are of especial advantage in what class of cases?
7. Mention the fat, protein, and carbohydrate elements found in whole milk.
8. What precautions should be taken to assure the wholesomeness of Dairy Products?
9. Outline a diet you would consider suitable for a Typhoid patient.
10. How often would you give nourishment to a patient?
11. Should nourishment usually be given at regular intervals?
12. Why, in your opinion, is it necessary to drink an abundance of water?

December, 1920

1. State why, in your opinion, a trained nurse should be well informed on the subject of dietetics.
2. Give a classification of foods based upon their chemical constituents.
3. State what digestive juices are instrumental in the digestion of each of the following articles of food: Irish potatoes, beef, cream.
4. Name three laxative foods; three fattening foods.
5. Name five articles of food classed as liquid diet.
6. How would you determine that an article of food does not agree with your patient?

7. Name three foods having a high caloric value, and three having a low caloric value.
8. Mention three foods rich in proteins, and state what part proteins play in the process of nutrition.
9. Name three foods containing a large amount of starch, and state what part starches play in nutrition.
10. State how an Irish potato should be baked, and how it should appear when served.
11. What class of foods would you deem it unsafe to give a typhoid patient? Why?
12. Mention three methods of administering foods.

June, 1921

1. Give three examples of a liquid diet.
2. Give three examples of a soft diet.
3. Your patient has been ordered "FULL DIET"; mention the articles of food which might be appropriate for each meal for one day.
4. Mention four foods of high nutritive diet which are considered easy of digestion.
5. Mention four foods of high protein value.
6. Mention four foods of high carbohydrate value.
7. What would you say about the caloric value of FATS?
8 Should a nurse be capable of preparing suitable food for her patient, should occasion arise for her doing so?
9. When in doubt as to a change in diet, what would you do?
10. Give briefly your opinion of the food value of fruits.
11. Have such foods as celery and lettuce high caloric value?
12. Why in your opinion do many people drink less water than the system requires for best efficiency.

December, 1921

1. Name three carbohydrate foods.
2 Name three protein foods.
3. Name three fats.
4. What do you mean by a mixed diet?
5. Do you regard a mixed diet as desirable? Why?
6. State just how cereals should be cooked.
7. State just how meats should be cooked.
8. Why, in your opinion, are fried foods so largely used?
9. Why in your opinion, is bread so often only partly cooked?
10. Why should starches be thoroughly cooked?
11. Mention four articles of diet which may safely be served uncooked.

12. In your opinion, do many people overeat? Mention three ailments which may be induced by overeating.

June, 1922

1. Define Dietetics.
2. Do you regard Dietetics as an important branch of study? Why?
3. With the majority of people, what is the determining factor in the choice of food?
4. What, in your opinion, should be the determining factor in the choice of food?
5. Define liquid diet, and give an example.
6. Define soft diet, and give an example.
7. Define full diet, and give an example
8. What do you understand by the term Caloric Value of food?
9. Do you regard Rice as a wholesome article of food? Why?
10. State what is meant by a high protein diet.
11. Name four foods classed as appropriate to a low protein diet.
12. Name three wholesome beverages

MAINE

April, 1920

1. What do you understand by metabolism?
2. Are you in favor of the pure food and dry law? Why?
3. What foods should be avoided in Diabetes and Rheumatism?
4. Give a test breakfast.
5. What food principles are lacking in Scurvy and Riekets?
6. (*a*) Explain a calorie. (*b*) How many are needed for an average healthy person daily?

October, 1920

1. (*a*) What do you understand by the term calorie? (*b*) How many colories are needed in 24 hours for a healthy adult?
2. Name the different classes of food-stuffs and their use in the body, and tell where, in the alimentary canal they are digested and the names of the enzymes that act on each?
3. What points would you emphasize and why, in the cooking of starches, the broiling of steak, the making of beef-broth and in cooking an egg?
4. Outline a menu of 3 meals for a diabetic patient?
5. How would you pasteurize milk, peptonize milk?
6. How rapidly is water absorbed in the alimentary canal and where?

April, 1921

1. Give some examples of tissue building, heat and energy producing foods.
2. Mention the various ways in which milk may be served and still make a change for the patient.
3. Why is it necessary to restrict starch as well as sugar in diabetes?
4. What part of the egg is most difficult to digest? How may the nurse prepare it so that it will be less indigestible?
5. Make out a three day menu for a child able to eat, to prevent constipation.
6. Why should a nurse familiarize herself with the Public Health Laws?

October, 1921

1. (*a*) What does the term alimentation include? (*b*) Give classification of food stuffs.
2. (*a*) Name *five* articles of food rich in roteids. (*b*) Name *five* articles of food rich in carbohydrates.
3. (*a*) Name four diseases requiring special diet and give one menu for each disease.
4. (*a*) What is meant by certified milk, pasteurized milk, modified milk? (*b*) Name *six* ways of preparing milk for a sick person
5. (*a*) Why do we cook food? (*b*) Tell how you would broil a steak. (*c*) How cook a cereal? (*d*) How prepare an egg in most digestible manner?
6. Outline Liquid Diet, Light Diet, Semi Solid, House Diet.

April, 1922

1. Give definition of food. Give sources of food.
2. (*a*) Define Carbohydrates—state their source. (*b*) Define Hydro carbons—state their source. (*c*) Define Proteins—state their source. (*d*) Name the inorganic compounds.
3. Give definition of term vitamines, metabolism, condiments, digestion and absorption.
4. Give constituent parts of milk. State five methods of preparing milk for a sick person.
5. Tell how you would prepare steak for an invalid. Tell how you would prepare cereal for an invalid. Tell how you would prepare an egg for an invalid.
6. Outline diet for a diabetic patient. Outline diet for an acute nephritis patient. Outline diet for a tuberculosis patient.

MARYLAND

June, 1920

1. (*a*) Define Dietetics. (*b*) Classify foods, and give an example of each.
2. (*a*) Give general rules for cooking meats. (*b*) State the length of time you would cook the following cereals Oatmeal; cream of wheat; steamed rice; corn meal mush.
3. (*a*) Of what value is sugar as food? (*b*) Give three examples of food containing fat.
4. Mention some diseases in which diet forms an important part in the treatment of disease, or in which errors in diet may have serious consequences. Under each heading name foods to be excluded.
5. Define: Digestion; absorption; assimilation and metabolism.

October, 1920

1 (*a*) Which of the food principles are classed as organic? Which as inorganic? (*b*) What foods are particularly rich in proteins?
2. (*a*) What is the main function of Fats? Carbohydrates? (*b*) What food materials are classed as carbohydrates?
3. (*a*) What causes milk to sour? (*b*) What preventive measures can be used to keep milk from becoming sour?
4. Describe one special diet and give reasons for it.
5. Define: Assimilation; Digestion; Metabolism.

May, 1921

1. Mention three (3) points to be considered in making out a menu.
2. (*a*) What is meant by caloric value of food? (*b*) What is the average number of calories required by a normal person in 24 hours?
3. Define the following: Metabolism, Cellulose, Lactose, Enzyme.
4. (*a*) What is the object of a test meal? (*b*) What general directions would you give for a test meal? (*c*) What articles would you prepare for the same?
5. What substitutes for meat could you recommend to a house wife who wishes to reduce expenses without lessening the nutritive value of her table?

October, 1921

1. (*a*) What is the main function of proteins? (*b*) Of what value to the body are mineral salts? (*c*) Mention three (3) articles of food rich in proteids, and three (3) rich in mineral salts.

2. (*a*) Define vitamines. (*b*) Mention three (3) articles of food which contain vitamines.
3. Give menu for one meal with food principles properly supplied, and name the food principle or principles contained in each article of food.
4. Give theory of cooking starches and tell where and by what they are digested.
5. Give your method of: (*a*) Boiling an egg. (*b*) Cooking oatmeal. (*c*) Making a cup of cocoa.

May, 1922

1. (*a*) What are the functions of food? (*b*) Name the customary classification of foods and give an example of each.
2. (*a*) Mention at least five (5) points which you consider important for the nurse to remember when serving a patient's tray (*b*) Is there any advantage in serving the meal in courses?
3. (*a*) What digestive fluid is secreted by the stomach? (*b*) What enzymes does it contain and what changes in food do they cause?
4. (*a*) What form of feeding has sometimes to be resorted to when the stomach can not retain food? (*b*) Give a formula for such feeding, and your technique.
5. (*a*) What are the advantages of a "mixed diet"? (*b*) Mention six (6) articles of food rich in vitamines.

MICHIGAN

January, 1920

1. Define a balance diet and illustrate.
2. Name two controlling factors in selecting a diet for a diabetic.
3. Outline briefly a diet for constipation.
4. What would you introduce in a diet for scurvy and why?
5. What conditions are overcome by an antitoxic diet?
6. What are the chief factors to be considered in an obesity diet?
7. Outline a dinner menu for a Nephritic diet.
8. Give recipe for making an individual serving of chicken broth.
9. Outline method of poaching an egg.
10. How early may orange juice be introduced in an infant's diet?

October, 1920

1. (*a*) Name the five fundamental food principles. (*b*) Give an example of each.
2. Why in the treatment of nutritional diseases is it essential to know the caloric value of foods?

3. (*a*) Classify milk according to chemical composition (*b*) What is meant by certified milk? (*c*) What is meant by sterilized milk?
4. Mention at least five ways in which milk may be prepared to give variety.
5. (*a*) State difference between cow's milk and human milk. (*b*) How is milk modified?
6. At what age would you give an infant starchy foods? Why?
7. What are the uses of water in the body?
8. (*a*) What class of foods is usually restricted or eliminated in diabetes? (*b*) Name five vegetables you would give to most diabetic patients.
9. Mention one of the best methods of cooking potatoes and state how cooked and why so cooked.
10. When and why is a salt free diet frequently ordered?

January, 1921

1. (*a*) Define Dietetics. (*b*) Define Food. (*c*) Define Calorie.
2. Give the classification of food stuff according to chemical composition, also the functions they perform in the body.
3. What do you understand by a balanced diet?
4. Give an example of a balanced diet.
5. Why do we cook foods?
6. (*a*) State the correct method of making toast. (*b*) What chemical change takes place?
7. Mention five (5) essential points in preparing and serving a tray for an invalid.
8. What food principles are usually restricted in the following conditions: (*a*) Rheumatic, (*b*) Nephritic, (*c*) Diabetic, (*d*) Obesity, (*e*) Gastro Intestinal irritation.
9. (*a*) Why does milk sour? (*b*) What means would you take to prevent milk from becoming sour?
10. How can you judge good meat, fresh eggs, good fish, young fowl?

May, 1921

1. Define food.
2. (*a*) Define proteins. (*b*) Give an example of two animal and two vegetable proteins. (*c*) What function do they perform in the human body?
3. What effect has cooking upon foods?
4. (*a*) What is the composition of milk? (*b*) How may milk become contaminated?
5. Mention at least five (5) ways in which eggs may be served to a sick person.

6. Give general rules for cooking cereals.
7. (*a*) What foods are usually added to the diet of a child who has rickets? (*b*) State reason.
8. Outline diet usually prescribed in treatment of gastric ulcer.
9. What foods are given sparingly in (*a*) Nephritis? (*b*) Diabetes?
10. Mention at least three (3) important factors in normal nutrition.

September, 1921

1. What foods would you limit in Nephritis?
2. What points would you observe in feeding Gastric Ulcer?
3. What foods would you select to provide bulk in the diet?
4. Arrange a list of foods permissable in Diabetes.
5. What foods could be given to a baby of six months to overcome constipation?
6. What foods would you emphasize in the diet of a child suffering from mal-nutrition?
7. Name three foods belonging to each of the following classes: 1. Protein; 2. Fat; 3. Carbohydrates; 4. Iron; 5. Lime.
8. If arranging a diet for Obesity what food principles would you limit?
9. How would you prepare a Cereal Water?
10. Would you use hot or cold water in preparing broth? Why?

October, 1921

1. Give the classification of foods according to chemical composition.
2. Classify according to chemical composition and give function in the body of each of the following foods: Milk; Butter; Rice; Spinach.
3. Of what value is water in the body?
4. Of what use are fresh fruits and uncooked vegetables in the diet?
5. In what disease is carbohydrates usually restricted and what class of food is usually increased?
6. Why are nitrogenous foods restricted in nephritis?
7. (*a*) What foods are usually increased in Anemia? (*b*) Give examples of these foods.
8. What chemical effect has toasting upon bread?
9. What precautions are necessary in the use of canned vegetables and why?
10. Outline a mid-day meal for a two year old child who has rickets.

December, 1921

1. What are the functions of food?
2. What part do vitamines play in nutrition?
3. Why is a knowledge of dietetics essential for nurses?
4. (*a*) What are the advantages of a liquid diet in feeding the sick? (*b*) What must be guarded against?
5. (*a*) Why is it important to cleanse the patient's mouth before and after eating? (*b*) How should this be done?
6. How would you feed an unconscious patient?
7. (*a*) When is rectal feeding used? (*b*) How far is it possible to nourish the patient in this way? (*c*) How often and in what quantities can nutrient enemata be given? (*d*) Give a formula for a nutritive enema.
8. (*a*) What is gained by giving special attention in the arrangement of the tray and the serving of food? (*b*) Mention at least five points which you consider important for the nurse to remember when serving the patient's meals
9. Give three methods for the preservation of food.
10. Give recipe for the making of plain egg nog.

April, 1922

1. (*a*) What is the best food for babies? (*b*) What do you mean by the modification of milk?
2. Mention some abnormal conditions that usually indicate errors in diet which are to be watched for in infants and reported to the Doctor.
3. What foods are restricted and what increased in the treatment of Scurvy and Rickets?
4. What processes are necessary to make food of use to the body?
5. How would you make a fruit salad?
6. (*a*) What diseases may be communicated to man through the medium of milk? (*b*) How may milk be contaminated?
7. Give five reasons why water is so necessary to the system.
8. (*a*) Name three diseases requiring special diet. (*b*) Give proper menu for one meal in each disease.
9. Of what use are green vegetables in the diet?
10. (*a*) Define the term Mal-Nutrition (*b*) What food group yields the most heat?

MINNESOTA

April—May, 1920

1. Define food, metabolism, malnutrition.
2. Name food principles and tell function of each.

3. What is the place of fats in the dietary? From what sources are fats derived? Name three articles belonging to this class.
4. How would you prepare whey? What food principle would it contain? What would curd contain?
5. If you wish to give fats that are easily digested, what article of food will you serve?
6. If you are caring for a patient who is a vegetarian, how will you feed her in order to provide principle supplied by meats?
7. Give menu for two meals, each containing only three articles, that would provide a well balanced meal for a poor family.
8. May a nurse on an obstetrical case be at all responsible for the success or failure of the nursing? How and why?
9. How would you sterilize one quart of milk. How would you pasteurize one quart of milk?
10. If a physician ordered certified milk what would he mean? How would you go to work to obtain it?

October, 1920

1. What instruction have you had in dietetics? Name one text book on this subject.
2. What is meant by "perfect food"? What is meant by "balanced diet"? What is meant by "caloric value"?
3. What causes milk to sour, fruit to decay, and meats to spoil?
4. What is your opinion of testing bread or cake, while it is baking, with a straw from the kitchen broom? What are the reasons for your answer?
5. Why is a too free use of condiments harmful? In what disease is it particularly so?
6. In modifying milk for a baby what utensils would you use and how would you proceed? Give details.
7. What would you include under the head of (*a*) liquid diet, (*b*) soft diet, (*c*) light diet?
8. Mention two foods often given to infants when they are unable to digest milk
9. Name one disease that often results from each of the following errors in diet: (*a*) insufficient food, (*b*) lack of fresh food, (*c*) over eating, (*d*) improperly balanced diet.
10. Describe a day's meal which contain 3000 calories.

April, 1921

1. Tell how you would sterilize one quart of milk. Give two ways of pasteurizing it.
2. What part of a loaf of bread is most digestible? Why?

3 In what ways may milk be adulterated? Of these which is the most injurious to the consumer?
4. What vegetables supply the same nutritive value as meats?
5. Name five rules that should be observed in preparing and serving food to a sick person
6. What classes of food should be avoided in hot weather? Why?
7. Give the food principles contained in plain vanilla ice cream?
8. What indications would assure you that a baby was receiving a proper diet?
9. If obliged to carry with you an entire supply of food for three days for yourself, what articles would you select and what quantity of each?
10. Name the articles contained in a well balanced meal, explaining the food principles and their functions.

October, 1921

1. Define dietetics, vitamines, metabolism, assimilation, absorption, digestion, calorie, nutrition, cellulose, lactose.
2. Discuss nutritive value of beef tea and beef juices and tell how you would prepare both.
3. What is the percentage composition of whole milk?
4. Define whole milk, raw milk, certified, sterilized, and pasteurized milk.
5. Draw diagram of a tray as you would set it for a bed patient Mention points you would observe.
6. Give diet for normal child one year old for twenty-four hours.
7. Name five conditions requiring special diet, and reasons.
8. Select cuts of meat for following purposes: beef tea, roast beef, tender steak, scraped beef, mutton and beef broth for baby.
9. What are the chief sources of the carbohydrates, proteins, mineral matter?
10. How do you prepare, cook and serve vegetables for a child under two years? What vegetables might you give a child this age?

April, 1922

1. Name four processes involved in the nutrition of the body.
2. Classify foods according to source, function and caloric value.
3. State the length of time you would cook the following: oat meal, cream of wheat, steamed rice, corn meal mush.
4. What do you take into consideration concerning the value of food for a patient?
5. What cuts of meat would you select for beef-broth; pot-roast; tender-steak; mutton-broth?

6. Give percentage composition of cow's milk; of breast milk.
7. At what age may a child begin to have orange juice? Give reasons.
8. Name five energy producing foods.
9. Outline one day's diet for a child two years old.
10. State what articles of food you would give a pneumonia patient the first day he was allowed solid food.

MISSISSIPPI

January, 1920

1. Why is a knowledge of dietetics essential to the Nurse?
2. Give the equivalent in the metric system of (*a*) 1 fluid ounce; (*b*) 1 pint; (*c*) 1 gallon.
3. What substances in additions to proteins, carbohydrates and fats are essential to life and growth?
4. Name a condition due to faulty metabolism.
5. Define (*a*) Metabolism; (*b*) Calorie.
6. Give diet for pellagra patient.
7. Name some diseases caused by food-poisoning.
8. How do you increase the food value of milk?
9. How would you cook inferior (tough) beef to make it eatable? (Answer explicitly.)
10. State four essentials to success in the serving of food to the sick.

July, 1920

1. What is the first subject usually considered in the study of dietetics?
2. (*a*) Give the fuel value, in calories, of one gram protein; (*b*) one gram of fat.
3. (*a*) What glandular organ plays an important part in nutrition; (*b*) name its chief function.
4. When is food absorbed in the large intestine?
5. (*a*) Name the different sources from which food is derived; (*b*) name one of each class.
6. (*a*) Is saccharin a food? (*b*) Name two diseases in which it is used as a substitute for sugar.
7. (*a*) How would you prepare and serve poached egg: (*b*) cup custard?
8. Give recipe for oyster broth. (one serving)
9. How would you prepare and serve grape fruit for a bed patient?
10. (*a*) Draw diagram of a tray as you would set it for a bed patient. (*b*) Mention some points you would observe.

January, 1921

1. Define Food.
2. Give an illustration of the five different classes of foods.
3. Name five elements commonly found in foods.
4. What in your opinion is reason for so much unwholesome food being served?
5. (*a*) Describe cereals. (*b*) Name three. (*c*) Describe preparation and serving of one.
6. What is value of green vegetables and raw fruits?
7. (*a*) Discuss meat substitutes. (*b*) Name three.
8. How much water should a normal person consume in 24 hours?
9. Give four points to be observed in serving an invalid.
10. What is value of bill of fare to an ordinary family?
11. Give outline of food for child two years of age.
12. Give some ways of serving milk to a patient who is averse to taking plain milk.

July, 1921

1. Define food.
2. Give menu for a well balanced dinner and name class to which each food belongs.
3. What is necessary to have wholesome food?
4. (*a*) Give recipe for broiled steak. (*b*) The serving to a bed patient.
5. Give recipe for making and serving meat broth.
6. (*a*) Give list of foods considered liquid diet. (*b*) light diet.
7. Why is dietetics one of most impotrant studies to a nurse?
8. Give some points in which school instruction in dietetics could be improved.
9. Discuss diet in typhoid fever.
10. (*a*) Give a vegetable containing high percentage of protein. (*b*) starch.

January, 1922

1. Give five classes which make up our foods.
2. Name a food of each class and tell the work it performs.
3. The amount of food required by the individual depends upon many conditions, mention some of them.
4. What is the most desirable food for infants and why?
5. Give preparation of modified milk and care of bottle and nipples.
6. Give recipe for making and serving cocoa.
7. Give routine diet for tuberculosis patient.
8, 9, 10. Give dietary for a patient who has Brights Disease, is a

diabetic; constipated; too thin; too fleshy; leads a sedentary life.

MISSOURI

February, 1920

1. To what classes do the following foods belong: (*a*) Cheese; (*b*) Rice; (*c*) Spinach; (*d*) Fish; (*e*) Potatoes.
2. What food principles require digestion?
3. Distinguish between digestion and assimilation
4. Name five of the principal ferments in the digestive tract.
5. How would you make and serve toast in order to increase its digestibility?
6. What is tea? How would you prepare and serve it?
7. What is meant by fuel value of food? How is it expressed?
8. Describe the two processes of digestion.
9. Name three foods from which protein is obtained.
10. What are sweetbreads? How would you prepare creamed sweetbreads for a patient?
11. How would you obtain whey from milk?
12. What is meant by Metabolism; (*b*) Lactose; (*c*) Caloric?

November, 1920

1. Give the chief source of the food principles. State briefly the function of each.
2. What is meant by fuel value of food? How is this measured?
3. What is meant by the term enzyme? Give list of enzymes acting in the body and where they occur
4. Mention factors influencing gastric digestion.
5. What do you understand by "Intestinal digestion"?
6. Where does the absorption of digested products take place?
7. What care should be taken in selection of food?
8. Define the term "Vitamines." Of what use are they in the body?
9. How are hospital diets classified? Give a brief explanation of each class
10. Give outline of high caloric diet used in typhoid fever. What other diets are used in the treatment of this disease?
11. What is the "Allen treatment"? What is the Kurell Cure?
12. What points should be carefully observed in setting up a tray?

January, 1921

1. What is meant by food?
2. What precautions should be taken in the selection of the following foods: (*a*) milk; (*b*) meat; (*c*) vegetables?

3. What is meant by (*a*) Carbohydrates; (*b*) Proteins?
4. Why do we cook food?
5. What food principles predominate in (*a*) fish; (*b*) potatoes; (*c*) oranges; (*d*) peas; (*e*) steak?
6. Outline a diet suitable for a nursing mother.
7. How prepare the following: (*a*) creamed sweetbreads on toast; (*b*) rice custard; (*c*) chicken broth.
8. What care should be given an ice-chest and how would you arrange the food therein?
9. Why is water essential to the body?
10. Describe the changes that the food undergoes in the stomach.
11. What factors must be taken into consideration in estimating the amount of food necessary for a patient?
12. What is meant by (*a*) metabolism; (*b*) enzyme; (*c*) pasteurized milk?

December, 1921

1. Give the approximate caloric value of one gram of each of protein, carbohydrate and fat.
2. How would you increase the amount of carbohydrates in cow's milk when preparing formula for infant?
3. Why are liquid foods generally prescribed for patients with a high temperature?
4. (*a*) What is the per cent of fat in whole milk? (*b*) How would you obtain 10% cream from a quart of whole milk that had been allowed to stand undisturbed for six or eight hours?
5. How would you cook meat if you wished to extract the juice?
6. In cooking cereals, what important point should be remembered? Why?
7. What class of foods are excluded in diabetes? Acute nephritis?
8. What is pepsin? What particular food principle does it affect and how?
9. How would you prepare tea? (*b*) Coffee? (*c*) What is the effect of these beverages on the body?
10. What is a "mixed diet"? Special diet"?
11. How would you prepare a soft boiled egg? (*b*) Baked custard? (*c*) Oyster soup?
12 What is meant by adulteration of foods?

January, 1922

1. Where does the absorption of the digested food products take place?
2. What effect has the saliva on the food?
3. Give in detail how you would prepare the following formula:

Whole milk 21½ oz., Barley water 14½ oz., Cane sugar 1½ oz., six feeding.

4. How would you prepare a glass of Albumenized Orangade; a cup of cocoa?
5. What factors are taken into consideration in determining the amount of food necessary for the individual?
6. What is meant by "forced feeding"? Give an example.
7. What is meant by caloric value of food?
8. Name five different classes of diets you have assisted in preparing during your training.
9. Name the enzymes in the gastric intestinal tract which effect the food principles.
10. What is incorrect in the following recipe?—To make a cup of tea, put your tea in the teapot and pour over it freshly boiled water and let it stand for a few minutes.
11. Outline a diet for a patient suffering from chronic constipation.
12. What instruction did you receive in your Dietetic course which you found to be of most value to you?

March 1922

1. Outline diet for patient with (*a*) tuberculosis; (*b*) pneumonia. (*c*) State reasons for diet used for each.
2. Name three diseases caused by errors in diet or incorrect feeding.
3. (*a*) What are vitamines? (*b*) In what class of foods are they found?
4. What is the general rule regarding the cooking of green vegetables?
5. What is meant by balanced diet?
6. What class of foods do we generally exclude from children's diet during first two years?
7. How would you prepare (*a*) chicken broth; (*b*) salt free bread; (*c*) buttermilk?
8. Explain the "Karell Cure."
9. Compare the percentage of the food principles of mothers' milk with cows' milk.
10. Give chief source of protein diet.
11. Give the approximate caloric value of one glass of milk, slice of toast, one large egg.
12. If your patient took only small amounts of food, and physician wished to have her take more, what would you do in order to get her to take more?

June, 1922

1. What effect has heat upon starches?
2. Why do we modify cow's milk before feeding it to an infant?
3. What care should be given to food?
4. If you were selecting a chicken for broiling and one for making broth, what points would you consider in buying them?
5. How would you prepare a piece of steak in order to retain the juice?
6. Describe the digestion of proteins.
7. Name three foods rich in proteins.
8. What food principles are usually excluded from the diet of a patient with diabetes?
9. Distinguish between certified and pasteurized milk.
10. What is meant by Absorption; by Assimilation of Foods?
11. How is spinach cooked? What is its value as a food?
12. In what type of diet would bran muffins be used? Why? Give in detail method for making bran muffins.

MONTANA

May, 1919

1. How do cereals ranks with other plant food in nutritive value?
2. (*a*) How would you prepare barley water? (*b*) How do you make junket?
3. Why is a salt-free diet ordered in illness where there is œdema?
4. (*a*) Name four vegetables which contain little or no starch. (*b*) Name those containing a large amount of starch.
5. (*a*) What is a Calorie? (*b*) Under ordinary circumstances how many would be needed to sustain the life of an adult for 24 hours?
6. State how you would prepare a breakfast of bacon; toast; coffee and fruit.
7. Describe the process of digestion including all the factors that influence it.
8. Name three diseases requiring special diet; give proper menu for one meal in each disease.
9. Name two foods you might give an infant when it was unable to digest milk.
10. (*a*) What change is produced in bread by toasting? (*b*) How do you prepare toast for the sick?
11. Describe your method of making an omelet.
12. What are nitrogenous foods?

1920

1. Give definition of Dietetics.
2. Classify foods. Classify organic foods and give examples of each.
3. Tell what you know of calories and of vitamines.
4. Enumerate some of the points to which you would give special care in preparing and serving food to the sick
5. What is your method of preparing broth, toast, broiling chops
6. (*a*) Name some of the common sources of contamination of food in the home? (*b*) How would you advise an inexperienced housewife to care for an icebox for milk and for fish?
7. Are green vegetables and fresh fruit a necessary part of the diet? Explain your answer.
8. What do you understand by the term "balanced diet"? Give what you consider a well balanced breakfast, lunch and supper for a boy 12 years of age.
9. Give your recipe for egg nog, milk toast and coffee.
10. Indicate the diet you would give a diabetic patient, typhoid patient and one suffering from tuberculosis.

1921

1. Define dietetics.
2. Give classification of foods stating which are tissue forming and which are heat producing.
3. What class of vegetables is rich in protein?
4. What useful function is performed by the indigestible part of vegetables?
5. What is the relative food value of starches, proteins and fats?
6. Why is a mixed diet necessary to health?
7. Describe your method of giving a nutritive enema and give one formula for nutritive enema?
8. Define (1) Calorie; (2) Absorption; (3) Elimination?
9. What special foods are useful in treatment of Anemia?
10. What articles of food would you avoid in the diet of a Nephritic?

May, 1922

1. Define the following terms: nutrition, dietetics, food adjunct, food, mixed food.
2. (*a*) What are vitamines? (*b*) What does the lack of vitamines cause? (*c*) What are types and where found?
3. (*a*) Classify foods according to chemical composition (*b*) Name two important sources of proteins, carbohydrates, fats, mineral matter.

4. Enumerate some of the points to which you would give special care in preparing and serving food to the sick.
5. What processes are concerned in the nutrition of the body?
6. (*a*) What fluid food contains the most nutriment? (*b*) Give four ways in which it may be served. (*c*) How would you alter it in case of weak digestion?
7. (*a*) What conditions should be considered in deciding as to the amount of food required? (*b*) What effect does toasting have on the digestibility of bread?
8 What is sterilized, pasteurized and certified milk?
9 Give receipt for egg nog and lemon albumin.
10. Name three reasons why it is desirable to cook food.

NEBRASKA

May, 1919

1. What foods should be avoided in rheumatism?
2. Why are green vegetables and fruits a valuable addition to a general diet?
3. Name the nitrogenous food substances and tell where each may be obtained.
4. Give a rule for making tea, coffee, and what is the injurious element in each one?
5. Give directions for preparing: (*a*) barley water; (*b*) oatmeal gruel.
6. How many calories per day are needed for a convalescent man? What is a calorie?
7. Describe the care of milk. What diseases may be carried by milk?
8. In modification of cow's milk for infants' use, what would you do to reduce the protein? Increase the fat? Increase the carbohydrate?
9. What foods may be given to a patient suffering with diarrhea? What foods may be given to a patient suffering with constipation.
10 Why is water necessary to maintain health, and how much is necessary each day?

November, 1919

1. Classify food principles, and give their uses in the body.
2. At what age may a healthy child begin to digest starches?
3. Give menu for three meals for a Diabetic Patient.
4. Give a typical (*a*) light diet, (*b*) soft diet, (*c*) full diet.
5. Describe in detail the proper care of milk, from the time it is drawn, till it is used

6. What foods are valuable in treatment of constipation?
7. How should an egg be cooked and served to an invalid?
8. How would you prepare (*a*) mutton broth, (*b*) plain custard?
9. What is the value of (*a*) Sugar in food, (*b*) Mineral matter, (*c*) Condiments?
10. What cuts of beef would you select for (*a*) Beef juices, (*b*) Roast beef, (*c*) Tender steak?

May, 1920

1. Classify food according to Source, Function and Chemical Composition.
2. What is a calory? What is the average caloric requirement for a healthy adult?
3. Why is thorough cooking especially important in cereals?
4. What is the relative food value of carbohydrates, proteins and fats?
5. What is pasteurized, sterilized, modified, peptonized and certified milk?
6. Outline a diet for a diabetic. What is meant by sugar tolerants?
7. Name one disease that results from each of the following: Insufficient food, Lack of fresh food, overeating, improperly balanced diet.
8. Give recipe for preparing an individual baked custard.
9. Name the enzymes of digestion and tell on what each acts.
10. Name four reasons for cooking food.

May, 1921

1. Name the different classes of foods; give the function of each, also an example of each.
2. What are concentrated foods, and when are they used?
3. What things should be considered in menu making?
4. In serving meals to the sick, what attention should be given the tray, comfort and mental attitude of the patient?
5. What is assimilation?
6. Give three reasons for cooking foods.
7. Why does milk require special care in handling and storing?
8. How is the fuel value of food determined?
9. What is a calorie?
10. Give the different digestive juices, their enzymes and the foods each acts upon.

NEW HAMPSHIRE

April, 1920

1. What are calories?

2. How many calories are necessary for the daily heat consummation of an adult at work?
3. What food elements produce heat; energy; building of tissue?
4. Why are foods rich in proteins given sparingly in nephritis?
5. What food principles are found in cereals? Why are cooked cereals of more value than uncooked?
6. State the value of fruit and vegetables in diet
7. What food constitutent has been lacking in the diet of a patient with rachitis?
8. What principle is to be observed in broiling meat; in preparing broth?
9. Give principle of feeding in tuberculosis.
10. Outline, briefly, diet in constipation.

October, 1920

1 Define food. Give a classification of food.
2. What are the chief uses of food?
3. What foods are eliminated from the diet of a diabetic patient?
4. What value in the body have proteins, carbohydrates, mineral salts?
5. What value has water in the body?
6. Explain why fruits and green vegetables, which contain very little nourishment, are essential to health.
7. What disease is usually given a carbohydrate free diet?
8. What class of foods are restricted in nephritis?
9. Why is the diet of much importance in tuberculosis?
10. What foods should be avoided in rheumatism?

April, 1921

1. Name five groups of food required daily.
2. State three reasons why eggs are used so much in sickness.
3. Why should starchy foods be thoroughly masticated?
4. What class of people require their food to furnish the greatest number of calories? What are extractives? Where are they found?
5. Of what use to the body is cellulose? How should foods containing a large amount of albumen be cooked and why?
6. Why is rice often used in sickness in preference to other cereals?
7. Name three foods good in cases of constipation?
8. Give the nutritive value of milk. What precautions should be taken in the care of milk?
9. What class of foods is much restricted in diabetes?
10. Where are vitamines found?

October, 1921

1. Give classification of food according to chemical composition.
2. What foods are rich in nitrogen and what is the function of these in the body?
3. What points should a nurse observe when serving a tray to an invalid?
4. What food group should be reduced to a minimum in nephritis, in diabetes?
5. What cuts of meat are best for broth, for roast, for broiling?
6. Name articles of food that may safely be given a fifteen months old child.
7. What class of food is of value in tuberculosis, in anemia, in constipation?
8. In what disease is a salt free diet given?
9. What is the value of vitamines and why are they especially necessary in diet of children?
10. Why is it essential that cereals and vegetables be well cooked?

April, 1922

1. Name five groups of food required daily?
2. Classify (*a*) Sugar, (*b*) Butter, (*c*) Milk, (*d*) Eggs.
3. Outline a diet for a nursing mother?
4. Define (*a*) Metabolism, (*b*) Calorie, (*c*) Absorption, (*d*) Elimination.
5. (*a*) Why is milk so valuable in a diet? (*b*) What are the uses of fruit in a diet?
6. Describe two ways of cooking eggs suitable for a patient on a soft diet? (*b*) What are sweetbreads?
7. What is meant by (*a*) Modified, (*b*) Certified, (*c*) Pasteurized and (*d*) Sterilized Milk?
8. Name two diseases in which a special diet is necessary in overcoming the disease?
9. Outline a day's diet for one of the diseases named in question 8?
10. What care should be given refrigerators and cupboards where foods are kept?

NEW JERSEY

June, 1920

1. Classify foods according to their use in the body.
2. How could you vary a diet composed principally of milk?
3. Name three foods valuable for their laxative effect.
4. How could you increase the caloric value in a liquid diet?

5. How would you peptonize one quart of milk?
6. What articles of food for a convalescent patient are highly nutritious and easily digested?
7. How would you serve a baked potato, lamb chop, and orange to a patient with a broken arm?

November, 1920

1 Name four nitrogenous and four non-nitrogenous foods.
2 What do you understand by "Balaneed diet"?
3. Write at least ten lines on "Milk as a food."
4. Give method of making cup custard, oatmeal gruel, junket.
5. What technique would you observe in rectal feeding?
6. What artieles of food are essential in a diet for young ehildren?
7. How do different degrees of heat affeet food values?

June, 1921

1. Name three vegetables and tell what value each has in the body?
2. Classify the following articles of food: (*a*) Oysters. (*b*) Baeon. (*c*) Oranges (*d*) Gluten Bread. (*e*) Potatoes. (*f*) Cream.
3. Name three articles of food known for their iron content.
4. Give detail of preparing an egg to be most digestible.
5. Outline a day's meal for a healthy ehild about five years old.
6. What artieles of food should be avoided in the following diseases. (*a*) Diarrhœa. (*b*) Gastrie Ulcer. (*c*) Diabetis.
7. Why is food cooked?

November, 1921

1. Name three foods giving the greatest energy value for amount eonsumed.
2. Tell something of the use and eare of milk.
3. What would you order to have on hand in the home for the preparation of nourishment for a patient having only liquid diet.
4. Describe a meal on tray of patient having light diet.
5. What have you to say about water with meals.
6. Why are eereals eooked a long time and eggs a short time?
7. What value have the following foods in the body? (*a*) Orange juiee. (*b*) Spinaeh. (*c*) Yolk of egg. (*d*) Bran biscuits.

June, 1922

1. What is the relative energy value of carbohydrates, protiens, fats?
2. What conditions should be eonsidered in deciding the amount of food required?

3. Give reasons why the body should not subsist on concentrated foods only.
4. Define digestion, absorption, assimilation, metabolism.
5. What foods would you give a child for its mineral content?
6. Explain how you would feed an unconscious patient.
7. Under what conditions is meat advisable in a diet? When to be eliminated from a diet?

NEW YORK

January, 1920

1. What foods should be eliminated in (*a*) cases of diabetes, (*b*) cases of nephritis?
2. Describe *one* method of peptonizing milk
3. What changes are produced by sterilizing milk?
4. Why should milk be taken slowly? When is it best given to invalids?
5. What is cellulose and what is its advantage?
6. Describe briefly the steps in making mutton broth.
7. Why do cereals require long cooking?
8. What is ptomain poisoning? In what food is it most likely to occur? How may it be avoided?
9. What is meant by metabolism?
10. What is the food value of (*a*) cup custard, (*b*) baked potatoes, (*c*) cocoa? State how each of these should be prepared.
11. What secretions assist in the digestion of starch?
12. Mention *three* chief purposes of cooking food.
13. Outline one day's diet for a normal child three years of age.
14. What cuts of beef would you select for the following purposes: (*a*) beef juice, (*b*) roast beef, (*c*) tender steak?
15. What are the two most important constituents of coffee and tea? Tell how to make (*a*) coffee, (*b*) tea.

July, 1920

1. What is the chief office of proteins?
2. Name the five principal foodstuffs. What is the function of the carbohydrates?
3. Why is milk sometimes called a perfect food?
4. How would you make eight ounces of (*a*) beef tea, (*b*) barley water?
5. What kind of food would you give in cases of rachitis?
6. Why is a mixed diet necessary to good health?
7. What is the object of a course in dietetics?
8. What special conditions should be considered in determining the

amount of food required by an individual? How many calories of food are required by the average healthy adult?
9. Explain the following items: non-nitrogenous, nitrogenous, farinaceous, vitamines, peptonization.
10. Give a list of *five* foods that have a laxative effect.
11. What change is produced in bread by toasting?
12. Name *five* tissue-building foods.
13 How would you cook potatoes for an invalid so that they might be easily digested?
14. Classify the following foods under proteins, fats and carbohydrates: cream, string beans, eggs, chicken, oysters, almonds.
15. Give a reason for surrounding the cup with cold water when putting custard into the oven to bake.

October, 1920

1. Name a disease resulting from *each* of the following errors in diet: (*a*) overeating, (*b*) lack of food, (*c*) improperly balanced diet.
2. What are vitamines? What is the effect on the body when these are lacking?
3. What is salt-free diet? In what diseases is it used?
4 Name the elements of which water is composed and state the proportion of each.
5. What are the functions of water in the body?
6. Describe the diet of a patient with scarlet fever. What food product is omitted at certain stages? Why?
7. Give the chemical classification of foods.
8. What are sweetbreads?
9. Describe briefly the preparation of sweetbreads.
10. Describe *two* ways of cooking eggs, suitable for patient on a soft diet.
11. Mention 10 articles of food used in liquid diet.
12. Mention *five* articles of food to be eliminated in skin diseases.
13 How should rice be prepared for an invalid?
14. Name *three* diseases in which a special diet is necessary in overcoming the disease.
15. Outline a day's diet for *one* of the diseases named in answer to question 14.

January, 1921

1. Tell how you would modify milk for an infant's first feeding.
2. Mention *four* ways of preserving food
3. What are some of the factors inducing gastric disturbances and why must gastric secretion be considered in determining the diet?

4. In cases of malnutrition how may the diet be increased without disturbing digestion?
5. Give *two* formulas for nutritive enemata. What quantities can be given?
6. How are carbohydrates stored in the body?
7. Mention *three* types of fatty acids particularly concerned in nutrition.
8. Mention *two* ways of preparing artificial buttermilk State in detail how you prepare lactone buttermilk.
9. Describe briefly how you would prepare creamed oysters for an invalid.
10. What is the energy value of an individual serving of the creamed oysters described in answer to question 9?
11. Outline one day's diet for the reduction of obesity, stating the quantity of each food.
12. Mention *two* mineral salts essential in the dietary for the pregnant woman.
13. Briefly describe dietary treatment of whooping cough.
14. Give *one* day's diet for a chronic nephritic patient.
15. State *four* disadvantages of a purely animal diet.

June, 1921

1. Give the mechanical and the chemical digestion of fat in the small intestine.
2. What diet should be given the pregnant woman suffering from albumin urine?
3. State briefly the dietetic treatment of normal pregnancy.
4. Give the composition of gastric juice
5. Name the elements that compose fats.
6. What classes of foods is acted on by the gastric juice?
7. Tell briefly how you would prepare prune whip.
8. State how you would properly prepare corn meal gruel.
9. Outline a day's diet for a child six years old.
10. What is the treatment for infants with summer dysentery?
11. In cases of liver disturbances what foods should be eliminated?
12. Name the important sources of mineral matter for use in the body.
13. What is the chief food value of fish?
14. Compare the composition of fish with that of meat.
15. State briefly how one may stimulate the digestion of a patient on a restricted diet which is essential for his recovery but may become monotonous.

September, 1921

1. Define (*a*) calorie, (*b*) vitamine
2. Name three diseases caused by errors in diet and mention the foods that cause these conditions.
3. What principal is involved in freezing mixtures?
4. State how you would prepare and bake an apple for an invalid. Describe how you would serve the apple to the patient.
5. Name *two* courses of fat-soluble vitamines
6. Mention *four* ways of cooking foods and state briefly the advantages of each.
7. Outline the dietetic treatment of rickets.
8. Name *three* enzymes and state where they are found. Mention the class of foods acted on by each.
9. Why is a high calorie diet given in chronic tuberculosis? Name the chief foods used in this diet.
10. Discuss the digestibility and the nutritive value of cow's milk for an adult.
11. Give the reasons why peas and beans should not be given in cases of digestive disturbance.
12. State in detail how to make cream of celery soup, giving the proportion of each ingredient used.
13. Mention *three* important factors to be considered in preparing diets for insane patients
14. What foods may be given a patient with chronic gout?
15. Name *three* important groups of carbohydrates.

January, 1922

1. Define (*a*) food, (*b*) dietetics.
2. Classify foods according to (*a*) their chemical composition, (*b*) their functional activity.
3. Name the chemical elements of proteins
4. What food should be eliminated in cases of diabetic acidosis?
5. Mention *four* standard diets generally used in the hospital. Give an example of each.
6. Give a balanced menu for one day, consisting of 3000 calories.
7. Give *four* important rules for feeding young children.
8. State *five* functions of water in the body
9. Give the effects of tea on the digestive system.
10. What foods are acted on by the gastric juice?
11. Give the method of making lime water.
12. State *four* formulas for gavage that will give the patient the necessary food elements
13. Briefly discuss the digestibility and the nutritive value of sterile milk.

14. Describe the part that bile plays in digestion.
15. Why are vitamines important in nutrition?

June, 1922

1. What foods should be avoided in nephritis? Why?
2. Name *three* diseases requiring special diet and give the proper diet for *one* meal in each disease
3. Mention foods that are a substitute for meat.
4. Compare pasteurized milk with sterilized milk.
5. Give *three* reasons for cooking food. How should meat be cooked to (*a*) retain juices, (*b*) extract juices?
6. Give points to be remembered in setting an invalid's tray.
7. Name the enzymes of the intestional juice that act on carbohydrates.
8. What are the principal chemical elements of (*a*) proteins, (*b*) carbohydrates, (*c*) fats? What are their relative food values?
9. Define calorie. How many calories are necessary daily for a woman doing moderate work?
10. How would you prepare (*a*) a cracker gruel, (*b*) barley water?
11. Give in detail the digestion of fats.
12. What is a beverage? Mention *six* uses of beverages.
13. What diseases may be communicated to man through the medium of milk?
14. How would you make a cup of cocoa? Discuss the value of cocoa for invalids
15. Give the proper care of closets, refrigerators or any other place where food is kept.

NORTH CAROLINA

May, 1919

1. Classify food as to source, chemical composition and function.
2. Name the five food principles and one product that contains them all.
3. Name the secretions which act on the food in the mouth, stomach and intestines.
4. What do you understand by a well balanced diet? Outline a day's menu for an adult in normal health.
5. What are the chief uses of salts in the body?
6. What per cent of bodily weight does water form and what is its functions?
7. What are the essential points to remember in cooking starchy foods?
8. How are the processes of digestion classified?

9. Name the digestive juices.
10. What are sweetbreads and how prepared?
11. What class of foods are usually used in the treatment of constipation?
12. Name five energy producing foods.
13. Mention some foods that are rich in iron.

June, 1921

1. Mention three points to be observed in the care of food before cooking; after cooking. Give reason.
2. Why is milk "at any price" cheap for children? For the aged?
3. Give two points of difference in the cooking of meat for soup and for serving.
4. How should cereals be cooked? Why? Why toast bread?
5. Mention three points a nurse may give a mother in the dietetic care of an undernourished child, a constipated child.
6. Name two valuable foods containing little nutriment. Wherein are these foods valuable?
7. What dietetic care would you give a diarrhea patient?
8. How would you cook the following for the sick: An egg, a potato, a spring chicken, fish?
9. How should a nurse diet a patient who is no longer under the care of a physician?
10. What is the chief difference in protein and the other food properties? What becomes of the excess of food eaten?
11. Apart from the food itself mention four factors that will aid digestion. Four that will hinder digestion.

December, 1921

1. What is meant by Dietetics?
2. Give four reasons why people need food.
3. Mention three reasons why it is important for nurses to have a knowledge of dietetics.
4. Where does the digestion of food take place? Mention four digestive fluids supplied by the digestive system.
5. Mention three external conditions that may aid digestion. Mention three external conditions that may hinder digestion.
6. Give three reasons why milk is a valuable diet. Mention two ways in which milk may be rendered dangerous as a food.
7. Tell two reasons why it is difficult to feed the sick. What may you do to overcome these?
8. What dietetic treatment would you give before the doctor comes in an acute attack where prominent symptoms are fever, nausea, vomiting and diarrhea? Why?

9. Name three facts to remember in dietetic treatment of obesity.
10. If the physician prescribes liquid diet for the patient name six liquids you would give, telling how to prepare three of them.
11. Mention four facts to remember in dieting a convalescent, and give reason.

May, 1922

1. Tell three reasons why sick people need food.
2. Mention kinds of food needed by the sick.
3. & 4. Give six rules to be observed in feeding patients, with reason for each.
5. Why is it difficult to feed a diabetic patient?
6. & 7. Give day's menu for a patient sick in the home from pulmonary tuberculosis, with reasons for such diet.
8. & 9 Johnny is pale, under-weight, does poor school work does not like to play with other children. What may be the cause? Suggest dietetic treatment the mother may use to improve his condition.
10. Discuss briefly the value of milk as a food.

NORTH DAKOTA

1919

1. Name the secretions which act on the food in the mouth, stomach and intestines.
2. (*a*) What is a calory? (*b*) How many calories are required in 24 hours for the average person?
3. Name and give source of the different food products.
4. In what disease is usually given a carbohydrate free diet and a restricted proteid diet?
5. Why is a mixed diet necessary? Give the general dietetic treatment in a case of chronic constipation.
6. In what foods are ptomain poisoning most likely to be found, how may this be avoided?
7. What is the average quantity of nutritive enema? Give one good formula for same, at what temperature should it be given?
8. Name five different preparations of milk for an infant.
9. Give five different ways a nurse may aid in the conservation of food.
10. How do you prepare beef juice, beef broth and beef tea?

April, 1920

1. Give the theory of cooking albuminous foods.
2. What is the relative food value of carbohydrates, proteins and fats?

3. What are diet requirements in anemia?
4. What is the source of all energy used in the body?
5. Trace the digestion of starch.
6. Describe a day's meal that would require 3000 calories.
7. Classify the following foods: beef, spinach, butter, potatoes, milk.
8. Why is bread toasted? How served?
9. Name one food to be avoided in the following diseases: diabetes, nephritis, diarrhea, constipation, rheumatism.
10. Give modified cow's milk formula for baby a month old.

November, 1921

1. Name five food principles and give example of each.
2. Select cuts of meat for the following purposes: beef-tea, roast beef, tender steak.
3. What foods should be avoided if there is a tendency to flatulency?
4. Define cellulose, gluten, dextrose, casein, saccharin.
5. What foods are rich in vitamines?
6. (*a*) What is meant by a caloric value of food? (*b*) How many calories are required for a person in health?
7. Of which food is the caloric value greater, one pound of butter or one pound of sugar, one glass of milk or one of broth?
8. Name three diseases requiring special diet.
9. Give an example of six foods which might be recommended for their laxative effects
10. Give recipe for oatmeal and baked custard for one person.

May, 1922

1. (*a*) How would you cook a piece of meat to extract the juice? (*b*) How would you cook a piece of meat in order to retain the juice?
2. Give the source of gelatine and to what class of foods does it belong?
3. Name five conditions that influence the digestibility of food.
4. (*a*) What food principle is withheld in diabetes mellitus? (*b*) What food principle is increased in rickets?
5. (*a*) How do you prepare a soft cooked egg? (b) Prepare a white sauce for one patient.
6. Name two animal and two vegetable foods which contain fat.
7. What useful function may be performed by the indigestible parts of vegetables?
8. How many calories in the following: 8 ounces of milk, Medium sized orange.

9. What is the principal in cooking starchy foods.
10. What are the uses of fruits in diet?

OHIO

June, 1920

1. State function of (a) Fats (b) Carbohydrates.
2. (a) Describe how you would cook cereals. (b) State reasons for your procedures.
3. Define Dietetics and give classification of foods in tabulated outline.
4. (*a*) Why is a salt free diet ordered where there is edema. (*b*) Give table of salt free diet covering a period of three days.
5. (*a*) What is meant by "modified milk"? (*b*) Why is it modified?
6. (*a*) Give formula for modified milk for a two weeks old infant. (*b*) Also utensils needed and care for same.
7. State foods you would prepare for "soft diet". (Arrange in outline).
8. Explain the following terms: Plain, Certified, Pasteurized and Sterlized milk.
9. (*a*) What ingredients are used in nutritive enemata? (*b*) Give at least two formulas.
10. State the most desirable method of preparing potatoes and give reasons for your opinion.
11. (*a*) How would you sterlize water? (*b*) State method of replacing the oxygen after it has been sterilized.
12. (*a*) What value have nuts in a diet? (*b*) Give food principle of same.

December, 1920

1. (*a*) How may foods be classified? (*b*) What are the five food principles?
2. (*a*) Why are cereals an important food for children? (*b*) Name the most important ones? (*c*) How would you make cereal water?
3. (*a*) What are the objects in cooking food? (*b*) State the proper length of time to cook oatmeal, cream of wheat and corn meal.
4. State what you know about vitamines.
5. Give a Bill of Fare for one day for the following diets: (a) liquid diet (*b*) soft diet (*c*) light diet (*d*) general diet.
6. What articles of food should be avoided in nephritis?
7. (*a*) Should a normal child two years of age be given any meat?

(*b*) State why or why not.

8. (*a*) Give a method for cooking rice. (*b*) State reason for your procedures.
9. What observations would you make concerning a patient's tray before and after serving a meal?
10. Give reasons why green vegetables and fresh fruits are valuable in diets.
11. (*a*) State three vegetables which contain a high percentage of starch. (*b*) State three vegetables which contain a high percentage of proteins.
12. (*a*) Give the cuts of meat used for the following—broiling, beef broth, soup. (*b*) How would you make one pint of beef broth?

July, 1921

1. State function of (*a*) Fats (*b*) Carbohydrates.
2. (*a*) Describe how you would cook cereals. (*b*) State reasons for your procedures.
3. Define Dietetics and give classification of foods in tabulated outline
4. (*a*) Why is a salt free diet ordered where there is oedema. (*b*) Give table of salt free diet covering a period of three days.
5. (*a*) What is meant by "modified milk"? (*b*) Why is it modified?
6. (*a*) Give formula for modified milk for a two weeks old infant. (*b*) Also utensils needed and care of same.
7. State foods you would prepare for "soft diet." (Arrange in outline.)
8. Explain the folllowing terms; Plain, Certified, Pasteurized and sterilized milk.
9. (*a*) What ingredients are used in nutritive enemata. (*b*) Give at least two formulas.
10. State the most desirable method of preparing potatoes and give reasons for your opinion.
11. (*a*) How would you sterilize water? (*b*) State method of replacing the oxygen after it has been sterilized.
12. (*a*) What value have nuts in a diet? (*b*) Give food principle of same.

December, 1921

1. Sate four important points to be remembered in serving food to the sick.
2. Name one disease that results from each of the following errors in diet: (*a*) insufficient food. (*b*) lack of fresh food. (*c*) overeating. (*d*) improperly balanced diet.

3. Outline diet for a day for a child fifteen months old.
4. Give four of the common causes of indigestion.
5. Outline diet for an anemic patient.
6. Outline a menu for each of the folowing: (*a*) liquid diet. (*b*) soft diet. (*c*) light diet.
7. What do you understand by certified milk? sterilized milk? pasteurized milk?
8. Name one book on Dietetics. Why do you cook meat? How would you prepare beef juice?
9. Name three laxative foods; three foods which have a tendency to provide fat; three constipating foods.
10. What foods are to be avoided in a diabetic diet? In a nephritic diet what foods are to be avoided?
11. Define absorption, assimilation, nutrition secretion, exercion.
12. Mention some foods which contain vitamines.

June, 1922

1. Name three simple proteins. Three carbohydrates.
2. What are the essentials of an adequate diet?
3. How would you prepare and give a nutritive enema?
4. Name three fruits that act as laxatives. Name three vegetables that act as laxatives.
5. What are vitamines and what vegetables are especially rich in vitamines?
6. Name three starchy foods. What are some of the uses of starch in the diet? What are some of the objections to it?
7. Name five physical conditions that may influence the digestion of food.
8. Why is iron necessary in the diet? What foods supply it?
9. Define absorption, assimiliation, nutrition, secretion, excretion.
10. Outline a day's menu for a tuberculous bed patient.
11. What is the end product of protein, carbohydrate and fat?
12. What enzymes are responsible for splitting up food in the mouth, stomach and intestines?

OKLAHOMA

May, 1920

1. Define dietetics.
2. What are the five groups of food nutrients? Give example of each and give function of each?
3. Describe the digestive process of each class of foods.
4. Write a brief article on "Milk," covering these points:—Uses, Source of Supply, Care of Milk and Dangers from Contaminated Milk.

5. Describe in a general way the principal points of difference in the diet of a 2 year old child, an adult and an aged person.
6. Mention some common errors in diet that you have observed.
7. Give diet for gastric ulcer, for diabetes, nephritis, for pellagra.

December, 1920

1. (*a*) What are the uses of food? (*b*) Classification.
2. Name three important points to be considered in serving food.
3. Diet for diabetes. 1 day menu.
4. Diet for gastric ulcer.
5. Diet for rickets
6. Two modes of artificial feeding for baby six months old.
7. (*a*) In what foods are albumin found? (*b*) In what foods are dextrose and levulose found?
8. To what are sugars and starches changed in the body as the result of digestion?
9. What forms of cellulose are used as a food? Value?
10. Why is milk sometimes called a perfect diet?

June, 1921

1. What are the uses of food?
2. Why is sufficient quantity of proteins necessary during infancy?
3. Name the principal elements of which food is composed.
4. In what conditions is fat a particularly valuable article of diet? Why?
5. (*a*) Name five foods rich in iron. (*b*) In what disease do we give foods containing iron?
6. In what part of the body does the absorption of food chiefly take place?
7. Why is milk called a perfect food?
8. Give one day menu for nephritic.
9. Give one day menu for diabetic.
10. (*a*) What are condiments? (*b*) How valuable? Injurious?

December, 1921

1. Name three methods of increasing the digestibility of milk.
2. What is the necessary amount of water to be taken in 24 hours' by a normal individual?
3. Name the digestive juices.
4. Name three important rules to observe in feeding young children.
5. One day menu for nephritic.
6. One day menu in marasmus.
7. What meat is considered most nutritious.
8. What to give for a gastric test meal.

9. Name five ways food supplies body wants.
10. Name five nutritious beverages.

June, 1922

1. Why is a knowledge of dietetics essential in the training of a nurse?
2. Mention some of the causes which you feel are responsible for the very large amount of malnutrition among school children in the United States
3. What suggestions as to diet would you give to a person suffering from constipation?
4. Discuss the value of milk as a food for children.
5. What do you mean by (*a*) certified milk, (*b*) pasteurized milk, (*c*) modified milk?
6. Name five tissue-building foods.
7. Mention several points to be observed in preparing and serving a tray to an invalid.
8. Give one day menu for a patient with acute Bright's disease.
9. What is a vitamine? Mention some foods that furnish vitamines.
10. Mention five foods allowed under liquid diet; five foods allowed under soft diet.

OREGON

1919

1. Name three laxative foods; three fattening foods; three constipating foods.
2. What symptoms would you expect following too much fat in the diet?
3. (*a*) What do you understand by the "food value" of any article of food? (*b*) Name two articles of food having great food value and two that have little food value.
4. What food classes do each of the following represent: Cup custard; soft boiled egg; lettuce salad; cream of pea soup; baked potato?
5. When and why is a salt-free diet frequently ordered?
6. In what disease is low protein diet ordered?
7. What foods would you give to a child who needed more mineral matter?
8. Would you make tea as an infusion or a decoction?
9. When is a healthy child considered able to digest starchy foods? Give reason.
10. Define chyme, chyle.

June, July, 1920

1. Name the heat and energy producing foods.
2. Give a list of tissue building foods.
3. How would you feed a patient suffering from chronic constipation? How would you feed an anemic patient?
4. What value has water in diet? (Any diet.) Where is water chiefly absorbed?
5. Why are starches cooked in fat indigestible?
6. Why is proper feeding essential to health?
7. What is waste material? What use has it in the process of digestion?
8. What is absorption?
9. Mention some points to be observed in serving food to a patient.
10. Outline a diet for one day excluding starch as far as possible.

January, 1921

1. In modification of cow's milk for infants what would you do to reduce the protein? Increase the fat? Increase the carbohydrates?
2. Name four secretions that aid digestion and state where each comes in contact with the food.
3. Name three diseases requiring a special diet and outline a meal for each disease.
4. How are meats cooked to retain the juices? To extract the juices?
5. What change is produced in bread by toasting?
6. Name three foods from which protein is obtained, three from which fats are obtained, three from which carbohydrates are obtained.
7. In what way does the serving of food affect digestion?
8. Mention two meats to be avoided in serving the sick. Why?
9. Outline a day's dietary for a tuberculosis patient.
10. Give a receipt for making barley water.

October, 1921

1. (*a*) What are the functions of nitrogenous foods in the body? (*b*) Name several.
2. What change is made in bread by toasting?
3. Name three foods that could almost be classed as complete foods.
4. Tell what is the objection to each one of the above as a complete food for adults.
5. Tell how to toast bread properly and what are the advantages of toasted bread?

6. How does the digestibility of meats compare with that of vegetables?
7. What is the value of acid beverages in diet?
8. Why are green vegetables valuable in dietary?
9. Name two vegetable fats. How do they compare with animal fats in digestibility?
10. Give general rules for the diet of a sedentary person.

April, 1922

1. What form of diet if steadily maintained produces scurvy?
2. What is meant by the caloric value of food?
3. What is metabolism?
4. Name the five groups into which foodstuffs have been classified according to their chemical composition.
5. What are the uses of water in the body?
6. What is the appearance of healthy beef? Chicken? Fish?
7. What is important in cooking starchy food?
8. What are the advantages of vegetables and fruit in an ordinary diet?
9. What is the nutritive value of milk?
10. How many lessons in dietetics has your course included: Practical? Theoretical?

PENNSYLVANIA

ERIE

1919

1. State briefly the most common sources of infection in (*a*) food; (*b*) drinking water.
2. What classes of food produce the most heat? Give two examples.
3. Give four reasons for the cooking of foods.
4. What are the conditions most favorable to the growth of bacteria?
5. In what ways may a nurse tempt her patient's appetite when serving the meal tray?
6. Name the digestive fluids, giving the active principle of each.

November, 1920

1. Name two animal fats; two vegetable fats.
2. Name two diseases due to lack of, or deficiency in mineral salts.
3. Name the chief tissue-building foods. Make a luncheon menu containing a large quantity of this material.

4. How would you prepare a bowl of chicken broth? (Begin with the purchase of the chicken.)
5. To what classes of foods do the following belong: (*a*) sugar, (*b*) butter, (*c*) milk, (*d*) flour?

December 3, 1921

1. Name four functions of fats in the body.
2. Define: (*a*) condiment; (*b*) beverage; (*c*) broth.
3. What ingredients are necessary for making bread? How may the protein in bread be increased?
4. Give in a general way the best method of making gruels? What care in cooking renders gruels more digestible?
5. How would you cook meats in order that the juices are retained? Upon what does the quality of meat depend?

PHILADELPHIA

March 9, 1920

1. Define food. Name the five food principles.
2. Where does the digestion of fat mainly take place? What is the principle substance in the body which acts on the fats?
3. What foods are valuable in the treatment of constipation? What in diarrhoea?
4. Name the food principles found in (*a*) eggs, (*b*) milk, (*c*) spinach.
5. Why is a mixed dietary necessary? Give a mixed diet dinner for a convalescent on full rations.

May 18, 1920

1. Define (*a*) nutrition, (*b*) digestion, (*c*) metabolism, (*d*) calorie.
2. What is the composition of meat? Give the advantages and disadvantages of animal food in the diet.
3. What do you understand by (*a*) modified milk, (*b*) pasteurized milk, (*c*) certified milk, (*d*) top milk?
4. How would you prepare the following: (*a*) junket, (*b*) beef tea, (*c*) corn starch custard, (*d*) poached egg?
5. Why is the diet important in tuberculosis? Of what should a diet for a tuberculous patient consist?

June 29, 1920

1. Name the five food principles. Give three classifications.
2. What is a calorie? What is the average number necessary per day for a woman doing moderate work?
3. Define the digestion of: (*a*) protein, (*b*) fat, (*c*) carbohydrate.

4. What is the value of cereals in the diet? How should they be cooked?
5. How should you make: (*a*) beef juice; (*b*) beef tea; (*c*) raw beef sandwich?

June 30, 1920

1. Trace the digestion of carbohydrates, fats and proteins in the body.
2. Plan a day's menu which will yield about 3,000 calories.
3. What is the value of eggs in the diet? Mention three ways of preparing eggs for invalids.
4. Describe fully how you would make a cup of coffee, tea, cocoa.
5. Why is milk a perfect food for an infant? Give percentage and composition of cow's milk.

October 5, 1920

1. What are the usual sources of water supply in the country? How may water be contaminated? How should suspicious water be treated? When and how much water should be taken daily by an adult?
2. What do you understand my modified milk? How is top milk obtained? How is milk peptonized?
3. What important dietetic changes should be made for a patient suffering with diabetes mellitus? Why?
4. Where and how should fruits be stored? What care should be taken with raw fruits before eating?
5. What protection are we given by the National Pure Food and Drug Act?

October 13, 1920

1. Define food. Name its three chief functions.
2. When taken internally, give four functions of water.
3. How would you prepare the following: (*a*) milk toast, (*b*) soft custard, (*c*) boiled rice?
4. What class of food should be restricted in nephritis?
5. What diseases in children may be caused: (a) by error in diet, (*b*) by insufficient food, (*c*) by over-eating, (*d*) by too much sameness, (*e*) by lack of fresh food?

March 22, 1921

1. Name two animal foods and two vegetable foods which contain fat.
2. What points must be observed in cooking cereals in order to make them both palatable and easily digested?

3. Name three articles of diet which may be given under each of the following headings: (*a*) liquid, (*b*) light, (*c*) soft.
4. How do you make: (*a*) albumin water, (*b*) junket?
5. Name the enzymes of the following: (*a*) saliva, (*b*) pancreatic juice, (*c*) succus entericus?

April 5, 1921

1. What kind of foods should be avoided in the following: (*a*) obesity; (*b*) rheumatism; (*c*) Bright's disease?
2. What is the difference in the digestibility of the crust and the crumb of bread?
3. Tell how you would prepare each article in the following breakfast: 1 cup coffee; cream of wheat; buttered toast; poached egg and an orange. In what order should they be served?
4. How may we change the proportion of protein in milk without changing the fat?
5. Name three articles included under each of the following heads: (*a*) liquid diet; (*b*) soft diet; (*c*) light diet.

May 25, 1921

1. State the necessary constituents that must be added to cow's milk to make it correspond to mother's milk.
2. What is a calorie? Give the number of calories necessary to sustain a working man.
3. How would you pasteurize milk?
4. Of what use is sugar in the body? How is it taken in?
5. State four (4) ways in which eggs may be prepared for an invalid and give in detail the preparing and serving of one of them.

June 25, 1921

1. What do you understand by food adulteration? By food preservation?
2. In planning a menu for a day, what points should be considered in order that the diet should be well balanced?
3. Why should a roast of beef be placed in a very hot oven at first? In making chicken broth why should the chicken be put on to cook in cold water?
4. Name the mechanical processes employed in the digestion of food.
5. What is a beverage? Name three and tell how you would make one of them.

November 3, 1921

1. What is food? What should be the result of the introduction of good food into the body?

2. What may a nurse do to tempt the appetite of a patient?
3. How is the energy value of food determined?
4. What is a beverage? Name six.
5. Name the uses of water in the body.

December 1, 1921

1. Define dietetics. What is food?
2. What are the dietetic uses of water, mineral matter, carbohydrates and proteins in the body?
3. In cooking starchy foods what points should be remembered? How do you make good coffee?
4. What articles of food are to be especially avoided in nephritis? Diabetes?
5. Give method of the preparation of: (*a*) tea; (*b*) cocoa; (*c*) lamb broth.

March 16, 1922

1. What is a calorie? How is the number of calories required influenced by: (*a*) age, (*b*) work, (*c*) climate, (*d*) disease?
2. What food elements are present in meat? How would you make beef tea? What is the food value of beef tea?
3. What food elements are present in milk? How would you secure each element separately?
4. How would you make: (*a*) egg albumin water; (*b*) barley water?
5. Outline a suitable diet for a convalescent diabetic patient.

April 27, 1922

1. Discuss milk as a food. Explain its digestion and name methods of preservation.
2. What is food? Name three functions of food.
3. What legislation has enormously decreased the deception formerly practiced by manufacturers and canners of food?
4. What different methods are employed in cooking foods and what is the object in each method?
5. In what disease is a salt free diet given? Mention reason.

June 6, 1922

1. Name the processes in the digestion of foods: (*a*) chemical; (*b*) mechanical.
2. Give four of the objective points in cooking foods.
3. Classify foods according to: (*a*) function; (*b*) composition; (*c*) source.
4. What is the general plan of diet for gastric ulcer?

5. How would you know if the following are fresh and good: (*a*) beefsteak; (*b*) lamb; (*c*) chicken; (*d*) fish?

June 8, 1922

1. Define: (*a*) dietetics; (*b*) food; (*c*) metabolism.
2. Describe digestion in the stomach, naming the secretion and its chemical reaction, enzymes present, food stuffs acted upon, and product of the enzyme action.
3. Prepare a nice fruit salad for a patient on full diet.
4. In modification of cow's milk for infant's use, what would you do to: (*a*) reduce the protein; (*b*) increase the fat; (*c*) increase carbohydrates?
5. What food should be avoided in: (*a*) rheumatism; (*b*) diabetes; (*c*) gout?

PITTSBURGH

May 31, 1920

1. Define: (*a*) absorption, (*b*) assimilation. Where does the absorption of products of digestion take place?
2. Name three food stuffs rich in albumin.
3. Explain specifically what you would purchase in order to make the following: (*a*) chicken broth, (*b*) beef tea, (*c*) mutton broth
4. Classify foods according to (*a*) source, (*b*) composition, (*c*) function.
5. What are carbohydrates? Give source and use in the body?

June 1, 1920

1. Give briefly your method for making (*a*) chicken broth, (*b*) mutton broth.
2. If red meats are forbidden, name five other foods that will take their place.
3. What food principles are found in milk? Why is it called a "perfect food"?
4. Give the classification of carbohydrates and name one carbohydrate in each class.
5. Give a day's menu (3 Meals) for a diabetic patient.

November 13, 1920

1. Name five digestive fluids and state where each is found. Name the enzymes of three of them.
2. What points should a nurse consider when preparing a tray for an ill patient?

3. How and why do you pasteurize milk?
4. Why are fruits and green vegetables a valuable addition to a general diet?
5. Name the five food principles and state the use of each in the body.

June 20, 1921

1. Name the principle classes of foods and give an example of each.
2. What foods should be avoided in a case of diarrhœa?
3. Name two beverages which contain tannin. How do you avoid its extraction?
4. Define: (*a*) digestion; (*b*) insalivation; (*c*) absorption.
5. Write out the instructions you would give to a probationer on "the feeding of helpless patients."

June 21, 1921

1. What do you understand by predigested foods? Give an example.
2. How do you cook meats when you wish to keep the juice in?
3. To what class of foods do the following belong: (*a*) sugar; (*b*) beef steak; (*c*) corn-starch?
4. Give in a general way the usual feeding of a pneumonia patient.
5. How would you prepare a glucose enema?

December 8, 1921

1. Name four energy producing foods.
2. Which of the digestive juices act mainly on: (*a*) fats? (*b*) starches? (*c*) protein?
3. Give an inexpensive one day menu for a tuberculosis patient.
4. How do you make the following: (*a*) cup custard? (*b*) mutton broth? (*c*) cup of tea?
5. Name the principle differences between human and cow's milk. About what proportion of cow's milk is fat?

December 9, 1921

1. Define dietetics. What must be remembered in the preparation and serving of foods for invalids?
2. What is the result of too much starchy food? By what ferments are starches digested?
3. What change is produced in a potato by baking? What objection to boiling tea? Why?
4. How would you prepare beef juice? An omelet? A soft boiled egg?

5. What are sweetbreads? How would you prepare them for an invalid?

May 22, 1922

1. Define food. How is the fuel value of food expressed?
2. Name the food principles found in the following: (*a*) milk; (*b*) eggs; (*c*) spinach; (*d*) potato.
3. How would you cook a piece of steak for a patient?
4. Describe fully how you would make the following: (*a*) cup of coffee; (*b*) cup of cocoa
5. What are vitamines? What is their function in the body?

May 23, 1922

1. What text book on dietetics do you use? What is a calorie? What is an enzyme?
2. What food should enter largely into the diet of children and sparingly for the aged? Give the composition of this food.
3. When preparing a tray for the sick what are the important points to be remembered?
4. Give a list of foods for diabetes.
5. Give the theory of cooking the following: (*a*) starch; (*b*) beefsteak; (*c*) eggs.

WARREN

June 7, 1920

1. Give the definition, sources and the chemical composition of foods.
2. Describe the different ways by which nourishment may be introduced into the body?
3. How would you (*a*) pasteurize milk? (*b*) peptonize milk?
4. What are the advantages of pre-digested foods? What are the disadvantages?
5. Give a day's menu for a tuberculous patient on full diet.

June 10, 1921

1. What is the object of food?
2. How would you cook potatoes in order to have them easily digested?
3. Why is diet in tuberculosis so important?
4. To what class of foods do the following belong: (*a*) eggs; (*b*) butter; (*c*) toast; (*d*) beets?
5. What is the composition of milk? Which part of the milk is hardest to digest?

May 20, 1922

1. Name five food principles. How are they classified according to: (*a*) source; (*b*) chemical composition; (*c*) function?
2. Outline process by which potato is digested.
3. What foods should be avoided by a patient with: (*a*) diarrhœa; (*b*) constipation; (*c*) obesity?
4. What are sweetbreads? How should they be prepared?
5. Describe the proper method of preparing a tray for a patient on full diet.

WILKES BARRE

June 22, 1920

1. Name two animal and two vegetable foods which contain fats.
2. Name three food stuffs rich in albumin in the order of their importance.
3. What do you understand by a "well balanced meal"? Criticise the following luncheon menu: Cream of tomato soup; crackers; baked potato; custard; cocoa.
4. Give the theory of the proper cooking of starches? Which digestive juices act on starches?
5. What is a calorie? How many calories should a medium sized man, doing mild work have each day?

October 27, 1920

1. What do you understand by a well balanced meal for a healthy adult?
2. Give three good reasons for cooking foods.
3. How would you cook a white potato to render it easily digested? Why?
4. State briefly what is meant by (*a*) digestion, (*b*) absorption, (*c*) assimilation.
5. Give a list of fruits that may be used for their laxative effect.

June 23, 1921

1. How do you cook meats when you want to extract the juice?
2. Define: (*a*) deglutition; (*b*) assimilation.
3. Name three vegetables containing little or no starch. Of what use are these to the body?
4. What is the object of cooking foods? Name five methods of cooking.
5. What do you understand by top-milk? By certified milk? By modified milk?

November 19, 1921

1. What foods should be avoided by an obese person? By a gouty person?
2. Name three ways of preparing eggs each of which will make them easy to digest.
3. How would you know the following: (*a*) when eggs are fresh; (*b*) when beef is good; (*c*) when fish are fresh?
4. Where does most of the digestion of foods take place? In what two ways do the digested materials reach the general circulation?
5. Name four foods which are known for their laxative effect.

June 3, 1922

1. What is the source of body fats? What are the functions of fats in the body?
2. What is the composition of meat? Give advantages and disadvantages of animal food in the diet.
3. Describe fully the making of: (*a*) coffee; (*b*) tea; (*c*) cocoa.
4. What are enzymes? Mention one enzyme that acts on: (*a*) sugar; (*b*) fats; (*c*) protein. Tell where each of these enzymes is found.
5. What is absorption? Describe the two ways by which the digested foods are carried to the general blood stream.

RHODE ISLAND

May, 1919

1. Give the classification of food and the use of each group in the body.
2. Mention three diseases in which the diet constitutes a large part of the treatment.
3. What are the food needs of youth? of the aged?
4. Mention some forms of vegetable protein.
5. Give menu for three meals for a diabetic patient; for nephritic.
6. How separate the fats from milk? The protein?
7. Why are green vegetables, such as celery, lettuce, spinach, etc., valuable as food?
8. What is the unit by which food values are estimated?
9. How would you peptonize milk, and why is bicarbonate of soda used?
10. How would you prepare beef juice; and what cut of beef would you use?
11. Name the end products into which protein fat and carbohydrate food must be converted before entering the blood.

12. By what signs would you be certain of the freshness of eggs, meat and fish?
13. What is the active principle of tea and coffee?
14. How prepare tea and coffee that the flavor may be retained and injurious substances contained may not be extracted?
15. Why should milk be cooled as rapidly as possible after milking?

November 17, 1921

1. Name the divisions of organic foods and their use in the body.
2. What two classes of food may enter the blood without chemical change?
3. (*a*) What are the uses of water in the body? (*b*) What amount is required daily? (*c*) What proportion of the body weight is water?
4. Name four diseases, the treatment of which the diet is important.
5. (*a*) Why are foods cooked? (*b*) What effect has heat on starch?
6. Define a calorie?
7. Give menu for three meals of patient on high calorie diet.
8. Outline a diet for the relief of constipation.
9. What changes in diet should be made in advanced years? Why?
10. How would you make a cup of tea? A cup of coffee?
11. How can potatoes be cooked to avoid loss of starch and mineral salts?
12. How do we know an egg is fresh without breaking it?
13. Why are acid fruits and green vegetables necessary in the diet of children?
14. How do you broil or roast meat to retain its juice and flavor?
15. Mention essential points in serving food to the sick.

May, 1922

1. Classify foods and give their function.
2. Name three main sources of carbohydrates; three of proteins; and three of fats.
3. Give the function of water and salts in the body.
4. Name three important salts and the foods which provide them.
5. What are the values of fresh fruits and green vegetables in a patient's diet?
6. What are vitamines? Name foods in which they are found?
7. What do you understand by the "fuel value" of foods?
8. Mention factors which influence the amount and kind of food necessary.
9. Explain carefully how you would make beef broth.

10. Tell how to boil an egg so that it will be both digestible and palatable.
11. Give a recipe for making a digestible and palatable omelet.
12. Outline a diet for constipation.
13. You are nursing in a private home. You are planning for your patient's dinner: soup, baked potato, steak, vegetable, ice cream, tea. (*a*) What kind of soup will you have? (*b*) How will you prepare the steak? (*c*) What will you decide upon for your second vegetable? (*d*) How will you make the tea? (*e*) How will you serve the tray to your patient?
14. Name the enzymes in the pancreatic juice and the foods upon which they act.

SOUTH DAKOTA

July, 1919

1. Give definition of food.
2. (*a*) In what condition is fat a valuable article of diet? (*b*) When must fats be withheld or given in limited proportion?
3. How would you prepare beef broth, what cuts of meat make the best soup, and why?
4. Mention foods that are substitutes for meat.
5. How would you feed a typhoid patient the first week he gets solid food?
6. (*a*) Is it advisable to serve cocoa frequently to invalids? (*b*) Give reasons for your reply. (*c*) Give method of preparing and serving an egg nog.
7. Why are drinks made from fruit juices especially valuable for fever patients?
8. Give one method of preparing predigested milk.
9. If you wish to keep juice in meat, how do you cook it?
10. (*a*) How would you remove the proteid portion of milk? (*b*) The fat?

1920

1. What influence has diet on nutrition?
2. What processes are necessary to make food of use to the body?
3. In which foods are found the carbohydrates, and in which the nitrogenous?
4. What conditions should be considered in deciding as to the amount of food required?
5. What foods contain the most albumin?
6. How would you sterilize milk?
7. What articles of food are especially to be avoided in nephritis?
8. Give recipe for egg-nog. Lemon albumin.

9. What changes are produced in bread by toasting?
10. Mention one way to a patient's heart.

1921

1. Name the divisions of organic food.
2. Classify: (*a*) sugar, (*b*) butter, (*c*) milk, (eggs.)
3. Classify vitamines.
4. Why should infants not be given starch unless predigested?
5. What is the relative food value of starches, proteins and fats?
6. What useful function is performed by the indegestible part of vegetables?
7. Give list of foods for a laxative diet
8. Is it necessary for a nurse to know how to feed a family? why?
9. (*a*) Write of precaution to be observed in cooking of proteins in order to insure digestibility. (*a*) Would starches be digestible by the same process of cooking? (*c*) Give reason for your reply.
10. How can we tell how much one should eat?

June, 1922

1. Discuss the nutritive value of milk.
2. What is pasteurized milk? What effect has pasteurization on milk? Describe method of pasteurizing
3. Outline principal points in making broth.
4. State briefly the method of preparation of cream soups. Discuss their value.
5. Compare digestibility of animal and vegetable foods.
6. Discuss the nutritive value of cereals, comparing whole grain and finely milled cereals.
7. Is it necessary for a nurse to know how to feed the family?
8. Why is the inclusion of fruits and veegtables in the diet important?
9. Discuss the nutritive value of meat.
10. Discuss the nutritive value of breads. Name two breads commonly prescribed for diabetics. Why does toasting bread make it more digestible?

TENNESSEE

June, 1919

1. Define food and name its sources.
2. Classify the foodstuffs according to their function in the body.
3. What constitutes the chief difference between the proteins and the other foodstuffs?
4. Give rules governing the care of milk.

5. Differentiate between sterilization and pasteurization of milk.
6. Give a brief description of the various diets used in normal and abnormal conditions.
7. Describe the different methods of feeding in normal and abnormal conditions.
8. Name the chief points to be considered in the feeding of infants.
9. Give a brief description of the modification of milk.
10. In what way does the energy requirements of febrile conditions differ from those of the normal body?

1921

1. What are the functions of food?
2. What does the term "nutrition" include?
3. Name and describe two processes concerned in digestion.
4. Why is a knowledge of dietetics essential for the nurse?
5. What are the objective points in cooking? Illustrate each point with reference to a particular food
6. Why is care in the handling of milk important?
7. What is certified milk? Modified milk? Peptonized milk? Pasteurized milk?
8. What is the fuel value of one cup of whole milk?
9. Discuss the nutritive value of eggs
10. Mention five points which you consider important for the nurse to remember when serving the patient's meals.

June, 1921

1. Define dietetics.
2. Tell briefly why a careful study of dietetics is essential to a nurse.
3. What is a calorie? How many calories are required daily by the average man?
4. Upon what does the nutritive value of food depend?
5. How would you cook starchy foods and why?
6. What do you understand by proteins and give an example.
7. Name five tissue building foods.
8. What is the value of an egg as a food and what is the most digestible preparation of one?
9. Name four secretions that aid digetsion and state where each comes in contact with the food.
10. Mention four food principles and give their function in the body.

June, 1922

1. What is meant by a perfect food?

2. What process must food undergo before it can be used by the body?
3. Give classification of foods and function of each class.
4. Name four secretions that aid digestion and tell where each comes in contact with food.
5. What is a calorie? Name some points to be considered in estimating the number of calories for a patient's diet.
6. Give reason why thorough mastication of food is important.
7. Define carbohydrates; their source, function, and nutritive value.
8. Name the chief tissue building foods. The chief heat and force producing foods.
9. What are the principal points to be considered in serving a meal to a patient?
10. Why should a nurse have a practical knowledge of dietetics?

TEXAS

June, 1919

1. Define dietetics. What is food? Name food principles.
2. Give function of Carbohydrates and proteins; example of each.
3. What foods should not be given in nephritis and diabetes mellitus? Give one day menu for diabetes mellitus patients.
4. What special care would you take in feeding bottle-fed babies?
5. What is the capacity of infant's stomach at birth; one month; two months?
6. Give food uses of water.
7. Describe best methods of cooking meats, cereals and eggs.
8. Define calorie Give calorie value of sweet milk.
9. State essential points to be considered in serving food to patients.
10. How would you feed a typhoid fever patient? What kind of diet would you consider necessary for anemic patient?

1920

1. What is a vitamine? Name five foods which may be fed to a two year old child especially for the vitamines contained
2. Calculate the value in calories of 1 oz. of cheese which contains 7.85 gms. protein, 10.43 gms. fat, and 1.16 gms. carbohydrate.
3. Name the enzymes found in the saliva and the pancreatic juice and tell what food principles are acted upon by each.
4. Name five points to consider in the diet of a school child.
5. How do you prepare (*a*) barley water (*b*) cream of tomato soup?

6. Give four reasons why liquids are a valuable part of the diet.
7. Name five causes of chronic constipation and suggest treatment.
8. What is a salt free diet? In what disease is it sometimes ordered? Of what does the Karell diet consist during the first week?
9. Name two foods which may cause urticaria.
10. What is the cause of scurvy? What is the treatment?
11. Name three forms of protein and name the food in which they are found.

1921

1. (*a*) What are three important food principles? (*b*) Define a calorie.
2. (*a*) What is metabolism? (*b*) Define enzyme.
3. Name five enzymes and tell in what secretion they are found, and what food principles they act upon.
4. Name ten articles of food suitable for a patient suffering from chronic constipation.
5. (*a*) What is diabetes? (*b*) Outline the usual treatment order.
6. (*a*) Give approximate composition of milk. (*b*) What is meant by milk modification
7. Give four reasons for cooking food.
8. Give three reasons why fruits are a valuable part of the diet.
9. Name ten liquids which can be given in a liquid diet.
10. (*a*) Name three vegetables rich in protein. (*b*) Name three vegetables rich in carbohydrates.
11. How would you prepare and what special points should be observed in preparing and cooking: (*a*) a soft-boiled egg, (*b*) a cup of hot milk, (*c*) a cup of tea.

June, 1922

1. What is food?
2. What are the three great protein foods?
3. What processes are necessary to make food of use to the body?
4. How may milk be contaminated?
5. What do you understand by (*a*) modified milk, (*b*) certified milk?
6. Does water undergo any change in the body? (*b*) How can water be purified? (*c*) Why is water so necessary to the system?
7. Name a substitute for sugar for a diabetic.
8. What articles of food are especially to be avoided in nephritis.
9. What disease is given a limited or carbohydrate free diet?
10. (*a*) Of what value are fruits as food? (*b*) Of what value are vegetables as food?

11. Find the number of calories in a loaf of bread weighing 340.2 grams.

.093 protein
.012 fat
.527 C. H.
} Composition of bread.

UTAH

July, 1919

1. Define food; define dietetics.
2. Name the five fundamental food principles. Give uses of each in the body.
3. What is lactose and where found?
4. Why is milk of special value as a food for an invalid? Give reasons why it is not a perfect food for a healthy adult.
5. What conditions would you consider essential to success in food serving? Give 4 points to be considered in preparation of invalid's tray.
6. How would you prepare beef juice and what cuts of beef are best for these preparations? Beef pulp.
7. How would you prepare an omelet? How would you make a cup of tea; coffee. What is the injurious element in each one.

July, 1920

1. What class of vegetables is rich in protein?
2. (*a*) What do you understand by a perfect food? (*b*) What product in nature is provided solely for food?
3. What do the proteins supply our bodies with? Carbohydrates? Mineral Matter? Fats? Water?
4. What do you understand as the calorie unit?
5. Name some of the vegetables containing little or no starch and give reasons why they are essential to health.
6. How would you prepare and serve beef juice and what cuts of meat are best for these preparations beef pulp or scraped beef?
7. What useful function is performed by the indigestible part of vegetables?
8. Give menu for three meals for diabetes.
9. Give four general rules for feeding the sick.
10. What is the relative food value of starches, proteins and fats?
11. What change is produced in bread by toasting?
12. How would you cook potatoes for an invalid to have them more easily digested?

December, 1921

1. What is a calory?
2. Why is it injurious to use predigested foods to any great extent?

3. Explain the advantage of drinking a glass of milk slowly. Why is it healthful to drink water freely?
4. Why is a too free use of condiments harmful– In what disease is it particularly so?
5. In what way may the serving of food effect the appetite and digestion?
6. State the difference between pasteurizing and sterilizing.
7. Give the formula for a good nutrient enema. At what temperature should it be administered?
8. What is the food value of sugar? Is there any substitute with the same value?
9. Which has the greater food value—beef tea or beef juice? Describe the method of making either one.
10. Name one disease which may result from the following errors in diet, insufficient food, lack of fresh foods and overeating.
11. What class of foods are restricted in diabetics? Give a 24-hour menu for a diabetic patient.
12. Describe the proper care of milk from the time it is drawn until it is used.

July, 1921

1. What is a calorie? How many calories are required daily by the average man, woman?
2. Mention two diseases in which diet is a most important factor. Give the principal points in the diet of each.
3. What is the principal food property in each of the following: (*a*) eggs. (*b*) cream. (*c*) cheese (*d*) barley flour, (*e*) meat?
4. What classes of foods are tissue builders? What classes produce heat and energy?
5. Give two formulae for nutritive enemata.
6. Name two vegetables each containing a large portion of carbohydrates.
7. Where is glycogen found? What is its classification?
8. In what part of the body does the absorption of fat take place?
9. What vegetables supply about the same elements for the body as meat?
10. What can you say of the effect of long or second cooking of meat and eggs? State whether or not this increases their digestibility.
11. How may the proportion of protein be diminished without changing the fat in modifying milk for infants?
12. Give theory of cooking starches and tell where and by what they are digested.

July, 1922

1. Classify foods according to their chemical composition and their functions in the body.
2. Define the following: (*a*) calorie, (*b*) enzymes, (*c*) ptyalin (*d*) amylopsin.
3. How would you give a nutrient enema? How would you proceed to peptonize milk?
4. What is the dietetic treatment for patients suffering from acute gastritis, gastric ulcer, hypochlorhydia, dysentery, chronic constipation, auto-intoxication?
5. Give the dietetic treatment for typhoid fever, heart disease, tuberculosis, obesity.
6. Which class of food is the most important, give reasons for your answer?
7. Give a full nephritic diet for breakfast, dinner, and supper.
8. Give a full diet for a diabetes mellitus patient on the eight day.
9. What foods should be avoided after gall-bladder operation, kidney operation?
10. (*a*) How would you make a cup of tea? (*b*) coffee? (*c*) cocoa? (*d*) albumin?
11. Write of precautions to be observed in cooking proteins to insure their digestibility. Would starches be digestible by the same process? Give reasons for your answer.
12. How would you make an omelet?

VERMONT

May 13, 1920

1. What vegetables contain little or no starch?
2. Which contains the larger percentage of nutriment, fish or meat?
3. Mention three signs of a fresh egg?
4. (*a*) Name the vegetables rich in protein, (*b*) name five other foods that furnish protein.
5. (*a*) Define gelatinoids, (*b*) dextrose, (*c*) dextrin, (*d*) lactose.
6. What foods are given in cases of anemia?
7. Give three common methods of adulteration of milk?
8. What constitutes the special value of barley?
9. How would you distinguish a chicken from a fowl?

November, 1920

1. What is digestion?
2. How does heat effect, (*a*) proteins, (*b*) gelatinoids?
3. Which is more easily digested, a soft boiled, or raw egg and why?

4. (*a*) What are natures best common destroyers of disease germs? (*b*) What is the most important provision of a City or Town to promote health in the community?
5. Name a substitute for, (*a*) starch, (*b*) sugar.
6. (*a*) What foods contain most albumin? (*b*) Mention four foods that may be used as substitutes for meats.
7. Give recipe and explicit directions for making lemonade.
8. (*a*) What is the normal amount of feces passed by an adult daily? (*b*) Of urine, (*c*) of perspiration?

May, 1921

1. How much fluid does an adult require daily?
2. Having no measure how would you estimate (*a*) one-half pint; (*b*) one fluid ounce; (*c*) one gill?
3. What fruits are recommended for laxative effect?
4. (*a*) Why do some cereals require so long cooking? (*b*) Name three.
5. Mention four forms of fat more easily digested?
6. If you wish to keep juice in meat how do you cook it?
7. What food is to be avoided in nephritis?
8. Would you make tea an infusion or a decoction?

November, 1921

1. In what disease is a carbohydrate-free diet given.
2. What parts of meat make best soups and why?
3. (*a*) Name the best sources of fat-soluble vitamines, (*b*) of water-soluble vitamines.
4. Give the formula, boiling point and freezing point of water.
5. (*a*) Name the two diseases requiring a special diet. (*b*) Give menu for one meal in each.
6. Classify (*a*) Sugar, (*b*) Butter, (*c*) Milk, (*d*) Eggs.
7. What is soft water?
8. What change is produced in bread dough by yeast?
9. What is the difference between spring wheat and winter wheat flour?
10. Name an edible fungus.
11. Finish the following sentences. Fats are composed of the following elements—, — & ——.

May, 1922

1. (*a*) How would you remove the protein from milk? (*b*) The fat?
2. Compare (*a*) Skimmed milk and (*b*) buttermilk with whole milk as to food value.

3. Why are starches as well as sugar restricted in diabetes?
4. Name the four more easily digested forms of fat.
5. Outline the dict for a patient convalescing from gastric ulceration, *e. g.* the fourth and fifth week.
6. Give formula and describe preparation of one half pint of albuminized milk.
7. What is a calorie?
8. Of what does the "Allen treatment of Diabetes" consist?

VIRGINIA

January, 1920

1. Classify foods according to—(*a*) source. (*b*) Chemical Composition. (*c*) Function.
2. (*a*) If it were possible to obtain a perfect food what four things would be necessary to it? (*b*) Name a food that comes very near meeting these four requirements, and (*c*) tell in what points it fails to do so.
3. What three things may be said to be necessary to perfect nutrition?
4. (*a*) About what per cent. of the human body is water? (*b*) Name three of the most important uses of water in the body.
5. (*a*) What is a Calorie? (*b*) Why should a nurse have some knowledge of the calorie value of foods?
6. (*a*) What is the calorie requirement of the average man per day? (*b*) If given a menu and told to give a patient so many calories how would you go about it?
7. What do you understand by food Accessories and name three of the most common?
8. Name one albuminous and one starchy beverage in common use and give the recipe for making each.
9. (*a*) What do you understand by certified milk? (*b*) Give formula for the modification of milk for a baby (under two years of age).
10. Give a recipe for making a scraped beef sandwich for a typhoid patient.
11. Give in detail the digestion of a scraped beef sandwich.
12. Outline a diet for a nephritic patient.

June, July, 1920

1. Name two foods rich in the following minerals: iron, phosphorus, calcium.
2. Give the special function in the body of each of the five food principles.

3. Why should albuminous food be cooked at a low temperature?
4. What do you understand by metabolism?
5. Give the energy value of one gram of proteins. Give the energy value of one gram of fats. Give the energy value of one gram of carbohydrates.
6. Tell in detail how nasal feeding should be done.
7. Give one formula and simple rules to be observed in giving rectal feeding.
8. Why is it dangerous to use canned fruit that has been left standing in tin cans after being opened, or any canned fruit that is slightly spoiled?
9. Name three foods that frequently produce urticaria.
10. Tell what effect boiling has on milk. How does it compare in digestibility with raw or pasteurized milk?
11. Tell how to make one pint of cream of tomato soup.
12. Outline the dietetic treatment of a Pneumonia case.

January, 1921

1. (*a*) Define Dietetics. (*b*) Why is this knowledge essential to nurses?
2. (*a*) What is meant by a perfect food? (*b*) Name one.
3. Name the fundamental food principles.
4. Why is a mixed diet necessary?
5. Name the digestive juices, their enzymes and their action on food principles.
6. (*a*) How would you prepare beef tea, beef broth and beef juice? (*b*) From which of these would you receive most nourishment? (*c*) Why?
7. (*a*) What is the cause of scurvy? (*b*) In treatment of this what diet would you give?
8. (*a*) What is the most easily digested form of potatoes? (*b*) Give theory for cooking starches.
9. (*a*) What is cellulose? (*b*) What is its use in the body? (*c*) Mention two foods that contain it.
10. Mention four foods in which you find Proteins, Carbohydrates and Fats.

June—July, 1921

1. How are foods classified according to their Chemical Composition?
2. (*a*) Mention chief sources of Proteins. (*b*) Mention three foods rich in Carbohydrates. (*c*) Name principal sources of Fat in the diet.
3. (a) Are fruits and green vegetables valuable additions to the general diet? (*b*) Why?

4. (*a*) Give theory for cooking starches. (*b*) Where and by what digested?
5. (*a*) How are meats cooked to retain their juices? (*b*) To extract their juices?
6. (*a*) What change is made in bread by toasting? (*b*) How would you cook a white potato to render it most easily digested?
7. (*a*) What are Vitamines? (*b*) Name classes of Vitamines and two examples under each.
8. Define Cellulose, Lactose, Metabolism, Calorie, Dietetics, Perfect food, Casein, Dextrose and Enzyme.
9. Classify foods according to function.
10. Trace the digestion of a glass of milk

February, 1922

1. Classify Foods (*a*) According to sources. (*b*) According to Chemical Composition. (*c*) According to function.
2. (*a*) What is food? (*b*) Name Food principles necessary to sustain life.
3. What are the uses of Water in the body?
4. Define: (*a*) Caloric, (*b*) Metabolism, (*c*) Lactose, (*d*) Dextrose (*e*) Cellulose.
5. (*a*) How should meat be prepared in order to *EXTRACT* its juices?
   (*b*) How should meat be prepared in order to *RETAIN* its juices?
6. (*a*) What is meant by Modified milk? (*b*) What is meant by Pasteurized milk? (*c*) What is meant by certified milk?
7. Name some of the factors, apart from proper diet, that especially affect the digestion.
8. Why are green vegetables of great value to the diet?
9. (*a*) What are the essential points in cooking foods containing starch?
   (*b*) Where are they digested?
10. Name the digestive juices, and enzyme or enzymes contained in each.

June, 1922

1. (*a*) Should dietetics be included in the grammar school curriculum? (*b*) If so, why?
2. (*a*) Name three foods that act as fuel to the body, three that build the tissues, three that regulate the body process. (*b*) Classify each of these foods.
3. Give the process of digestion of two foods mentioned in question 2.
4. (*a*) How many calories are required daily, for a young man doing moderate work; (*b*) for a young woman; (*c*) for a child

from 6 to 15 years old; (*d*) for a child from 2 to 6 years old?

5. (*a*) Make out a menu for a balanced diet for one day, for a grown person. (*b*) For a child two years old.
6. State the portion of food given and the number of calories in each portion of one meal given for a grown person in question 5.
7. (*a*) Describe dextrose, tell where it is found and its use as a food.
   (*b*) Describe lactrose, tell where it is found and its use as a food.
8. (*a*) Name the different food elements in a quart of whole milk.
   (*b*) How many calories does it contain?
9. (*a*) Give directions for peptonizing a quart of milk. (*b*) Give directions for making whey from a quart of milk
10. (*a*) Give receipt for making an oyster stew for an individual serving.
    (*b*) For baked custard. (*c*) For junket.
11. (*a*) Give receipt for making spoon batter bread. (*b*) For cooking oatmeal for a child of three years
12. Give receipts for three ways in which an egg may be prepared for a typhoid patient.

WASHINGTON

June,1919

1. (*a*) Define dietetics. (*b*) What are foods?
2. Name three reasons why it is desirable to cook food?
3. What do you know about gelatine as to food value, and digestibility?
4. State your reasons for adding salads to a diet.
5. Why are liquids given in most fevers?
6. Tell briefly how you make beef tea, and broths.
7. Name four secretions that aid digestion and state where each comes in contact with the food.
8. (*a*) In what disease is low protein given? (*b*) In what disease are starches and sugar restricted? (*c*) When must fats be withheld or given in limited proportion? (*d*) When and why is a salt free diet frequently ordered?
9. (*a*) Why is milk of special value as food for an invalid? (*b*) Of what value are fruits as food?
10. Under what conditions would you awaken a sleeping patient to give him food?

June 15, 1921

1. Classify food.
2. For what is food required?
3. Name several foods rich in vitamins.

4. Name three diseases which are caused by lack of vitamines in the diet.
5. Outline a suitable diet for a child two years old, giving amount of each feeding and hours for same.
6. Name the digestive juices.
7. What are some of the common causes of indigestion?
8. Give some abnormal conditions in infants that usually indicate errors in diet.
9. Give some reasons why proper food and feeding is of so much importance in infancy and childhood.
10. What class of foods are restricted in diabetes and why?
11. What class of foods are restricted in nephritis and why?
12. What particular foods would you encourage a patient suffering from chronic constipation to add to his diet?
13. When cooking vegetables, would you use a large or small amount of water and why?

December 20, 1921

1. Give a well balanced lunch suitable for a school child.
2. Why is it imperative that a school child should eat breakfast?
3. Name several diseases caused by lack of vitamines in the food.
4. Name the principle elements of which food is composed.
5. What is the comparative sweetness of glucose and sugar?
6. In what conditions must fats be limited in the diet?
7. Name three foods in which the vitamine value is high.
8. Why would most vegetables be cooked in as small an amount of water as possible?
9. How would you coddle an egg? What is the advantage of a coddled egg over a soft-boiled egg?
10. Name several diseases in which diet forms the most important part of the treatment.
11. How would you pasteurize milk. How do you cook cereal?
12. What has been done by the public to safgeuard the health of the community as regards food?
13. What foods are restricted and what inereased in the treatment of rickets?

June 15, 1922

1. What must a perfect food contain?
2. What is gained by scrupulous care in the arrangement of the tray and the serving of food?
3. Why is a knowledge of dieteties essential for the Nurse?
4. What are the advantages of a liquid diet in feeding the sick?
5. What processes are necessary to make food of use to the body?
6. What special foods are used in the treatment of anemia?

7. How would you give a nutrient enema?
8. Name the chief tissue-building foods.
9. Classify sugar, butter, milk, eggs.
10. Give five ways of serving milk to a patient.

WEST VIRGINIA

May, 1919

1. (*a*) Give a list of five articles for liquid diet. (*b*) Give a list of five articles for soft diet. Name the order of preference.
2. (*a*) Compare human milk and cow's milk. (*b*) Give three ways of modifying for patient.
3. Name five tissue building foods.
4. (*a*) What per cent. of body weight is water? (*b*) Give function of water in body.
5. How long should a soft boiled egg, oatmeal, and rice, be cooked?
6. (*a*) How soon after an abdominal section should a patient be given liquid diet? (*b*) Soft diet?
7. (*a*) How long should a patient be quarantined with measles? (*b*) Scarlet-fever? (*c*) Small-pox?
8. How would you disinfect patient and room for contagious disease during disease and discharging case?
9. At what stage are eruptive fevers most contagious and what precautions should be used, except isolation, to prevent spread of disease?
10. Give briefly a few rules to observe in order to enjoy health and prolong life.

1920

1. Give care and feeding details of a prematured born infant.
2. Differentiate between the cry of an infant suffering from (*a*) colic, (*b*) temper, (*c*) hunger?
3. Name 3 diseases requiring special diet? What special foods are used in each and why?
4. Name 3 nutritive constituents of food? Mention foods rich in each?
5. Which food element yields the most heat?
6. Outline briefly post-operative diet for a gastro-enterostomy case.

October, 1921

1. Compare mother's milk with cow's milk.
2. Mention 4 general rules for feeding the sick.
3. Classify—sugar—butter—milk—eggs.
4. What is meant by carbohydrate free diet? Give days menus.

5. What foods would you allow a fifteen months old child? Give number of feedings and days menu?
6. In what condition is a salt pure free diet ordered?

May, 1922

1. (*a*) Tell what you can about the weaning of a normal baby. (*b*) Give points of difference between cow's milk and human milk. (*c*) What are the essentials of good cow's milk?
2. Give function and three examples each of (*a*) Carbohydrates, (*b*) Protein, (*c*) Fat.
3. (*a*) In case of vomiting following an abdominal operation would you feed the patient or not? (*b*) What cathartic and what food would you give to a case of acute appendicitis?
4. Why would it be objectionable to give a patient calomel and lime water at the same time?
5. Tell what you know of the digestive process by (*a*) Saliva, (*b*) Gastric juice, (*c*) Bile and pancreatic juice.

WISCONSIN

January, 1920

1. Define Dietetics.
2. What instruction have you had in Dietetics? Name one book on Dietetics with which you are familiar.
3. Name digestive elements and their functions.
4. Give approximately the food value of cow's milk.
5. What do you understand by pasteurized milk?
6. What is the advantage of obtaining protein from animal foods rather than from vegetable foods?
7. What is metabolism? Describe two phases.
8. What food would you prepare for a patient on a nitrogenous diet? Outline menu for one day.
9. What class of foods is to be avoided in diabetes mellitus?
10. Give in detail a day's diet for diabetic patient.

June 22, 1920

1. What is the value of an egg as a food? What is the most digestible preparation of one?
2. Outline a diet for a patient with Pulmonary Tuberculosis.
3. What food would you give a child who needed more mineral matter?
4. How do cereals rank with other plant foods in nutrition value?
5. Name three diseases in which diet is of supreme importance. Outline a diet for each.

6. What are the chief ingredients in fruits?
7. Outline a day's diet for a normal child of three years.
8. In what places and under what names is food stored in the body?

January, 1921

1. What foods would you avoid in the following diets and why: (*a*) Diarrhoea, (*b*) Gastritis, (*c*) Constipation, (*d*) Nephritis.
2. What useful function is performed by the indigestible parts of vegetables?
3. What may a nurse do to overcome nervous and mental influences that retard digestion?
4. Name several articles of food in which iron is available.
5. Define Dietetics.
6. Prepare a day's menu for a patient excluding starches yet giving variety.
7. Give menu for breakfast, lunch and dinner for a diabetic.
8. Name three foods stuffs rich in albumen in the order of their importance.

January, 1922

1. (*a*) Define Dietetics; Digestion; Absorption. (*b*) Classify foods and give an example of each.
2. How would you prepare—Beef broth; albumin water, rice water?
3. What would you consider a well balanced dietary for one day for an adult (calories, and proportion of food stuffs)?
4. (*a*) What food would you eliminate in Diabetus Mellitus? (*b*) What foods would you eliminate in kidney complications during pregnancy?
5. (*a*) Are course or bulky foods important to health? Why? (*b*) Give the forms in which sugar is most readily absorbed.
6. Give diet for a baby ten months old.

June, 1922

1. What processes are necessary to make food of use to the body?
2. (a) Is there any difference in the digestibility of crumb and crust of bread? Give reason for your answer. (*b*) Why is the thorough cooking of cereals especially important?
3. What would you feed a typhoid fever patient the first week he takes solid food?
4. Which is the most easily digested, a raw or soft cooked egg? Why?
5. What foods would you especially encourage in children between the ages of 3 and 10 years?
6. Give diet for a diabetic patient. What factors must be considered in planning his diet? (Answer this question.)

WYOMING

June, 1919

1. Define: (*a*) Dietetics. (*b*) Food.
2. What are the uses of water in the system?
3. (*a*) What are the principles governing the methods of cooking any food? (*b*) On what are the principles of cooking based?
4. What is meant by the energy value of food?
5. Outline a day's diet for a diabetic patient.
6. Describe the process of digestion in the stomach.
7. Why is thorough cooking especially important in cereal foods?
8. What are the fundamental characteristics of the diet in (a) acute nephritis; (*a*) dysentery; (*c*) pulmonary tuberculosis.
9. (*a*) How would you vary the preparation of eggs for your patients. (*b*) Outline method.
10. (*a*) Why is milk considered a perfect food. (*b*) How do you obtain top milk.
11. What do you understand by a well balanced meal?
12. Mention one good nutritive enema.

1920

1. What are the chief ingredients in fruit?
2. Mention five chemical elements found in the body, and tell how they are supplied to the body.
3. What foods contain the most albumin? What are the most important animal fats?
4. Name some vegetables containing little or no starch, and tell why they are essential to health.
5. Give five ways of serving milk to a patient. What change is produced in bread by toasting?
6. Define and tell what you think of vegetarianism.
7. If you wish to keep juice in meat how would you cook it?
8. Why is thorough cooking especially important in cereal foods?
9. What foods would you avoid in the diet for the following conditions: Diarrhoea, Constipation, Nephritis, Gastritis?
10. Give a list of articles of food for a simple dinner planned so as to include all the important foods, and tell in which dish the greater amount of each is contained.
11. What articles of diet do you favor and what avoid for a person who is habitually constipated?

1921

1. What are food adjuncts? In what foods are minerals found?
2. What foods contain the highest amount of Protein, Carbohydrates, Fats?

3. What cut of beef is best for beef tea? Give method of making.
4. What is saccharin and when is it used?
5. What is certified milk? Name some of the milk products.
6. Name some of the vegetables containing little or no starch and give reasons why they are essential to health.
7. What useful function is performed by the indigestible part of vegetable–
8. What diseases may be communicated to man through the medium of milk?
9. How can water be purified? Why are fluids given in most fevers?
10. Give general rules for feeding the sick.
11. Where does the digestion of fat take place?
12. What should be the diet for a pneumonia patient?

June, 1922

1. Classify foods according to (*a*) their source, (*b*) their functions
(*a*) What class of foods are tissue builders? (*b*) heat and energy producers?
2. What class of foods should be excluded from a rheumatic diet? Why?
3. When a child begins taking solid food, what should be the character of the food and the frequency of the feeding?
4. Name several articles of food that have a laxative value. What are the active principles of tea and coffee?
5. What should be the general diet in disease of the heart? What is an ideal diet?
6. Name the digestive ferments and give their functions.
7. Have you had any special training on dietetics. Of what did it consist? Name one book on dietetics.
8. Have we been benefited by the pure food laws? In what way?
9. Explain the difference between plain certified, pasteurized and sterilized milk.
10. What advantages are there in adding vegetables, fruits, sugar and condiments to a menu?
11. Outline a menu for one day for a child five years old.
12. Where is water chiefly absorbed? What action do the gastric fluids have on milk?

THE END

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